

Alabama

District	Name	Party	Phone
7th	Sewell, Terri A.	D	(202) 225-2665

Arizona

District	Name	Party	Phone
1st	O'Halleran, Tom	D	(202) 225-3361
2nd	Kirkpatrick, Ann	D	(202) 225-2542
3rd	Grijalva, Raul	D	(202) 225-2435
7th	Gallego, Ruben	D	(202) 225-4065
9th	Stanton, Greg	D	(202) 225-9888

California

District	Name	Party	Phone
2nd	Huffman, Jared	D	(202) 225-5161
3rd	Garamendi, John	D	(202) 225-1880
5th	Thompson, Mike	D	(202) 225-3311
6th	Matsui, Doris O.	D	(202) 225-7163
7th	Bera, Ami	D	(202) 225-5716
9th	McNerney, Jerry	D	(202) 225-1947
10th	Harder, Josh	D	(202) 225-4540
11th	DeSaulnier, Mark	D	(202) 225-2095
12th	Pelosi, Nancy	D	(202) 225-4965
13th	Lee, Barbara	D	(202) 225-2661
14th	Speier, Jackie	D	(202) 225-3531
15th	Swalwell, Eric	D	(202) 225-5065
16th	Costa, Jim	D	(202) 225-3341
17th	Khanna, Ro	D	(202) 225-2631
18th	Eshoo, Anna G.	D	(202) 225-8104
19th	Lofgren, Zoe	D	(202) 225-3072
20th	Panetta, Jimmy	D	(202) 225-2861
24th	Carbajal, Salud	D	(202) 225-3601
26th	Brownley, Julia	D	(202) 225-5811
27th	Chu, Judy	D	(202) 225-5464
28th	Schiff, Adam	D	(202) 225-4176
29th	Cárdenas, Tony	D	(202) 225-6131
30th	Sherman, Brad	D	(202) 225-5911
31st	Aguilar, Pete	D	(202) 225-3201
32nd	Napolitano, Grace	D	(202) 225-5256
33rd	Lieu, Ted	D	(202) 225-3976
34th	Gomez, Jimmy	D	(202) 225-6235
35th	Torres, Norma	D	(202) 225-6161
36th	Ruiz, Raul	D	(202) 225-5330
37th	Bass, Karen	D	(202) 225-7084
38th	Sánchez, Linda	D	(202) 225-6676
40th	Roybal-Allard, Lucille	D	(202) 225-1766

41st	Takano, Mark	D	(202) 225-2305
43rd	Waters, Maxine	D	(202) 225-2201
44th	Barragán, Nanette	D	(202) 225-8220
45th	Porter, Katie	D	(202) 225-5611
46th	Correa, J. Luis	D	(202) 225-2965
47th	Lowenthal, Alan	D	(202) 225-7924
49th	Levin, Mike	D	(202) 225-3906
51st	Vargas, Juan	D	(202) 225-8045
52nd	Peters, Scott	D	(202) 225-0508
53rd	Jacobs, Sara	D	(202) 225-2040

Colorado

District	Name	Party	Phone
1st	DeGette, Diana	D	(202) 225-4431
2nd	Neguse, Joe	D	(202) 225-2161
6th	Crow, Jason	D	(202) 225-7882
7th	Perlmutter, Ed	D	(202) 225-2645

Connecticut

District	Name	Party	Phone
1st	Larson, John B.	D	(202) 225-2265
2nd	Courtney, Joe	D	(202) 225-2076
3rd	DeLauro, Rosa L.	D	(202) 225-3661
4th	Himes, Jim	D	(202) 225-5541
5th	Hayes, Jahana	D	(202) 225-4476

Delaware

District	Name	Party	Phone
At Large	Blunt Rochester, Lisa	D	(202) 225-4165

DC

District	Name	Party	Phone
Delegate	Norton, Eleanor Holmes	D	(202) 225-8050

Florida

District	Name	Party	Phone
5th	Lawson, Al	D	(202) 225-0123
7th	Murphy, Stephanie	D	(202) 225-4035
9th	Soto, Darren	D	(202) 225-9889
10th	Demings, Val	D	(202) 225-2176
13th	Crist, Charlie	D	(202) 225-5961
14th	Castor, Kathy	D	(202) 225-3376
20th	Hastings, Alcee L.- Vacancy	D	(202) 225-1313
21st	Frankel, Lois	D	(202) 225-9890
22nd	Deutch, Ted	D	(202) 225-3001
23rd	Wasserman Schultz,	D	(202) 225-7931

	Debbie		
24th	Wilson, Frederica	D	(202) 225-4506

Georgia

District	Name	Party	Phone
2nd	Bishop Jr., Sanford D.	D	(202) 225-3631
4th	Johnson, Henry C. "Hank" Jr.	D	(202) 225-1605
5th	Williams, Nikema	D	(202) 225-3801
6th	McBath, Lucy	D	(202) 225-4501
7th	Bourdeaux, Carolyn	D	(202) 225-4272
13th	Scott, David	D	(202) 225-2939

Guam

District	Name	Party	Phone
Delegate	San Nicolas, Michael F. Q.	D	(202) 225-1188

Hawaii

District	Name	Party	Phone
1st	Case, Ed	D	(202) 225-2726
2nd	Kahele, Kaiali'i	D	(202) 225-4906

Illinois

District	Name	Party	Phone
1st	Rush, Bobby L.	D	(202) 225-4372
2nd	Kelly, Robin	D	(202) 225-0773
3rd	Newman, Marie	D	(202) 225-5701
4th	García, Jesús "Chuy"	D	(202) 225-8203
5th	Quigley, Mike	D	(202) 225-4061
6th	Casten, Sean	D	(202) 225-4561
7th	Davis, Danny K.	D	(202) 225-5006
8th	Krishnamoorthi, Raja	D	(202) 225-3711
9th	Schakowsky, Jan	D	(202) 225-2111
10th	Schneider, Bradley	D	(202) 225-4835
11th	Foster, Bill	D	(202) 225-3515
14th	Underwood, Lauren	D	(202) 225-2976
17th	Bustos, Cheri	D	(202) 225-5905

Indiana

District	Name	Party	Phone
1st	Mrvan, Frank J.	D	(202) 225-2461
7th	Carson, André	D	(202) 225-4011

Iowa

District	Name	Party	Phone
3rd	Axne, Cynthia	D	(202) 225-5476

Kansas

District	Name	Party	Phone
3rd	Davids, Sharice	D	(202) 225-2865

Kentucky

District	Name	Party	Phone
3rd	Yarmuth, John A.	D	(202) 225-5401

Louisiana

District	Name	Party	Phone
2nd	Carter, Troy A.	D	(202) 225-6636

Maine

District	Name	Party	Phone
1st	Pingree, Chellie	D	(202) 225-6116
2nd	Golden, Jared	D	(202) 225-6306

Maryland

District	Name	Party	Phone
2nd	Ruppersberger, C. A. Dutch	D	(202) 225-3061
3rd	Sarbanes, John P.	D	(202) 225-4016
4th	Brown, Anthony	D	(202) 225-8699
5th	Hoyer, Steny H.	D	(202) 225-4131
6th	Trone, David	D	(202) 225-2721
7th	Mfume, Kweisi	D	(202) 225-4741
8th	Raskin, Jamie	D	(202) 225-5341

Massachusetts

District	Name	Party	Phone
1st	Neal, Richard E.	D	(202) 225-5601
2nd	McGovern, James	D	(202) 225-6101
3rd	Trahan, Lori	D	(202) 225-3411
4th	Auchincloss, Jake	D	(202) 225-5931
5th	Clark, Katherine	D	(202) 225-2836
6th	Moulton, Seth	D	(202) 225-8020
7th	Pressley, Ayanna	D	(202) 225-5111
8th	Lynch, Stephen F.	D	(202) 225-8273
9th	Keating, William	D	(202) 225-3111

Michigan

District	Name	Party	Phone
5th	Kildee, Daniel	D	(202) 225-3611
8th	Slotkin, Elissa	D	(202) 225-4872
9th	Levin, Andy	D	(202) 225-4961
11th	Stevens, Haley	D	(202) 225-8171
12th	Dingell, Debbie	D	(202) 225-4071
13th	Tlaib, Rashida	D	(202) 225-5126
14th	Lawrence, Brenda	D	(202) 225-5802

Minnesota

District	Name	Party	Phone
2nd	Craig, Angie	D	(202) 225-2271
3rd	Phillips, Dean	D	(202) 225-2871
4th	McCollum, Betty	D	(202) 225-6631
5th	Omar, Ilhan	D	(202) 225-4755

Mississippi

District	Name	Party	Phone
2nd	Thompson, Bennie G.	D	(202) 225-5876

Missouri

District	Name	Party	Phone
1st	Bush, Cori	D	(202) 225-2406
5th	Cleaver, Emanuel	D	(202) 225-4535

Nevada

District	Name	Party	Phone
1st	Titus, Dina	D	(202) 225-5965
3rd	Lee, Susie	D	(202) 225-3252
4th	Horsford, Steven	D	(202) 225-9894

New Hampshire

District	Name	Party	Phone
1st	Pappas, Chris	D	(202) 225-5456
2nd	Kuster, Ann	D	(202) 225-5206

New Jersey

District	Name	Party	Phone
1st	Norcross, Donald	D	(202) 225-6501
3rd	Kim, Andy	D	(202) 225-4765
5th	Gottheimer, Josh	D	(202) 225-4465
6th	Pallone Jr., Frank	D	(202) 225-4671
7th	Malinowski, Tom	D	(202) 225-5361
8th	Sires, Albio	D	(202) 225-7919
9th	Pascrell Jr., Bill	D	(202) 225-5751
10th	Payne Jr., Donald	D	(202) 225-3436
11th	Sherrill, Mikie	D	(202) 225-5034
12th	Watson Coleman, Bonnie	D	(202) 225-5801

New Mexico

District	Name	Party	Phone
1st	Stansbury, Melanie Ann	D	(202) 225-6316
3rd	Leger Fernandez, Teresa	D	(202) 225-6190

New York

District	Name	Party	Phone
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3rd	Suozzi, Thomas	D	(202) 225-3335
4th	Rice, Kathleen	D	(202) 225-5516
5th	Meeks, Gregory W.	D	(202) 225-3461
6th	Meng, Grace	D	(202) 225-2601
7th	Velázquez, Nydia M.	D	(202) 225-2361
8th	Jeffries, Hakeem	D	(202) 225-5936
9th	Clarke, Yvette D.	D	(202) 225-6231
10th	Nadler, Jerrold	D	(202) 225-5635
12th	Maloney, Carolyn	D	(202) 225-7944
13th	Español, Adriano	D	(202) 225-4365
14th	Ocasio-Cortez, Alexandria	D	(202) 225-3965
15th	Torres, Ritchie	D	(202) 225-4361
16th	Bowman, Jamaal	D	(202) 225-2464
17th	Jones, Mondaire	D	(202) 225-6506
18th	Maloney, Sean Patrick	D	(202) 225-5441
19th	Delgado, Antonio	D	(202) 225-5614
20th	Tonko, Paul D.	D	(202) 225-5076
25th	Morelle, Joseph	D	(202) 225-3615
26th	Higgins, Brian	D	(202) 225-3306

North Carolina

District	Name	Party	Phone
1st	Butterfield, G.K.	D	(202) 225-3101
2nd	Ross, Deborah K.	D	(202) 225-3032
4th	Price, David	D	(202) 225-1784
6th	Manning, Kathy E.	D	(202) 225-3065
12th	Adams, Alma	D	(202) 225-1510

North Mariana Islands

District	Name	Party	Phone
Delegate	Sablan, Gregorio	D	(202) 225-2646

Ohio

District	Name	Party	Phone
3rd	Beatty, Joyce	D	(202) 225-4324
9th	Kaptur, Marcy	D	(202) 225-4146
11th	Fudge, Marcia L.- Vacancy	D	(202) 225-7032
13th	Ryan, Tim	D	(202) 225-5261

Oregon

District	Name	Party	Phone
1st	Bonamici, Suzanne	D	(202) 225-0855
3rd	Blumenauer, Earl	D	(202) 225-4811
4th	DeFazio, Peter	D	(202) 225-6416
5th	Schrader, Kurt	D	(202) 225-5711

Pennsylvania

District	Name	Party	Phone
2nd	Boyle, Brendan	D	(202) 225-6111
3rd	Evans, Dwight	D	(202) 225-4001
4th	Dean, Madeleine	D	(202) 225-4731
5th	Scanlon, Mary Gay	D	(202) 225-2011
6th	Houlahan, Chrissy	D	(202) 225-4315
7th	Wild, Susan	D	(202) 225-6411
8th	Cartwright, Matt	D	(202) 225-5546
17th	Lamb, Conor	D	(202) 225-2301
18th	Doyle, Michael	D	(202) 225-2135

Rhode Island

District	Name	Party	Phone
1st	Cicilline, David	D	(202) 225-4911
2nd	Langevin, Jim	D	(202) 225-2735

South Carolina

District	Name	Party	Phone
6th	Clyburn, James E.	D	(202) 225-3315

Tennessee

District	Name	Party	Phone
5th	Cooper, Jim	D	(202) 225-4311
9th	Cohen, Steve	D	(202) 225-3265

Texas

District	Name	Party	Phone
7th	Fletcher, Lizzie	D	(202) 225-2571
9th	Green, Al	D	(202) 225-7508
15th	Gonzalez, Vicente	D	(202) 225-2531
16th	Escobar, Veronica	D	(202) 225-4831
18th	Jackson Lee, Sheila	D	(202) 225-3816
20th	Castro, Joaquin	D	(202) 225-3236
28th	Cuellar, Henry	D	(202) 225-1640
29th	Garcia, Sylvia	D	(202) 225-1688
30th	Johnson, Eddie Bernice	D	(202) 225-8885
32nd	Allred, Colin	D	(202) 225-2231
33rd	Veasey, Marc	D	(202) 225-9897
34th	Vela, Filemon	D	(202) 225-9901
35th	Doggett, Lloyd	D	(202) 225-4865

Vermont

District	Name	Party	Phone
At Large	Welch, Peter	D	(202) 225-4115

Virginia

District	Name	Party	Phone
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2nd	Luria, Elaine	D	(202) 225-4215
3rd	Scott, Robert C.	D	(202) 225-8351
4th	McEachin, A. Donald	D	(202) 225-6365
7th	Spanberger, Abigail	D	(202) 225-2815
8th	Beyer, Don	D	(202) 225-4376
10th	Wexton, Jennifer	D	(202) 225-5136
11th	Connolly, Gerald E. "Gerry"	D	(202) 225-1492

Virgin Islands

District	Name	Party	Phone
Delegate	Plaskett, Stacey	D	(202) 225-1790

Washington

District	Name	Party	Phone
1st	DelBene, Suzan	D	(202) 225-6311
2nd	Larsen, Rick	D	(202) 225-2605
6th	Kilmer, Derek	D	(202) 225-5916
7th	Jayapal, Pramila	D	(202) 225-3106
8th	Schrier, Kim	D	(202) 225-7761
9th	Smith, Adam	D	(202) 225-8901
10th	Strickland, Marilyn	D	(202) 225-9740

Wisconsin

District	Name	Party	Phone
2nd	Pocan, Mark	D	(202) 225-2906
3rd	Kind, Ron	D	(202) 225-5506
4th	Moore, Gwen	D	(202) 225-4572