



## Communications “CHEAT SHEET” for 2025 MT Legislative Session

### 1. 2025 Montana Legislature Home page <https://www.legmt.gov/>

The link above takes you to the legislative page for the 2025 Montana Legislature. The Tabs across the top lists the information you will need to advocate for your issues- noteworthy tabs are the first three:

- *Bills* – use this tab to find Quick links and Bill Explorer which shows all current bills. Also has Current session and archived information.
- *Legislators* - select this tab to find your legislator! You can find a contact phone number and email your Senator or House Rep from this tab through the public participation tab (green box). **Note: Please remember to use your personal email address to contact legislators.**
- *Committees* – Legislators are assigned to committees to hear bills before moving to the floor and the next house. This *Committees* tab will help you locate relevant committees including Session/Standing Committees, Joint Appropriations Subcommittees, and other topic specific work groups.
- *Other tabs to explore:* Laws-Services-Fiscal-Audit

### 2. Legislative Desk – Call (406) 444-4800 to reach the Information Desk to send a message to a committee or legislator.

- Attend Legislative Meetings
- The public is encouraged to attend meetings in person at the Capitol.
- The legislative desk is staffed regularly during the session. You can call and leave up to FIVE messages for individual legislators or you can leave a message for an entire committee. These messages are RECORDED and delivered to their desks by pages or legislative staff.
- YOUR messages can be as simple as: *“Representative Smith, please vote no on HB#765. Mary Jones, (406) 999-9999”* or *“Representative Smith, I am an RN and live in your district. I would like to discuss HB#765. Please call me. Mary Jones, (406) 999-9999”*.
- Elected legislators tend to focus on certain areas, sponsor certain bills, or sit on certain committees. Your preference may be to contact your own legislators, but it is permissible to contact ANY Montana legislator, which we recommend, working on a committee in an area of interest. Example of call/email would be: *“Senator Small, thank you for sponsoring the Nursing bill for Montana nurses. I would like to discuss. Mary Jones, (406) 999-9999, and my email is [mjones@charter.net](mailto:mjones@charter.net)”*.
- You can also leave messages for a full committee! These can be as simple as: *“Members of Judiciary Committee: You are hearing “Violence against Nurses” bill today. Please vote YES with Montana Nurses.*



### 3. Contact your Legislator by Text

Most people are comfortable sending or receiving texts. If you have a legislator's cell phone number, texting a legislator is acceptable. **Remember to leave your name and contact information!** Example text would be: *"Representative Smith, Mary Jones here. Please vote yes on HB 999. This is very important to Montana Nurses. Please contact me with questions"*

**REMEMBER:** The issues presented to legislators are broad and complex. They cannot be an expert in everything, **however YOU are the expert in your field!**

You are building a relationship with them and this is an important step to achieving your goals. A simple note of *introduction* or a *thank you* note from a constituent goes a long way towards developing a solid relationship.

Further questions, please reach out to [info@mtnurses.org](mailto:info@mtnurses.org) or call the office at 406-442-6710.