

# THREE-MINUTE ADVOCACY

## Call Your Senators

01

**Look up your Senators on [Senate.gov](https://www.senate.gov)**

Dial 202-22 and then the five digits listed for your representative

02

**If the mailbox is full, call your Senator's district office (found on member's website)**

03

**Leave a message asking for support for NIH**

"I'm a constituent and live in (town/city). I am sure this is a hectic time, so this is a short message. I'm deeply concerned about the future of the NIH. Cutting funding risks slowing critical research on (your research area), putting progress and lives at risk. Please ask the Senator to champion increased funding for NIH in 2025. "

04

**Repeat with your other Senator**