

## Get Involved!

MRCP encourages those in recovery to get involved in the political process. Step One is to register to vote and to get out on election day and cast your ballot. You need to remember, very few elected officials have a strong understanding about drug and alcohol addiction and the issues that are important to people seeking recovery. We encourage everyone to write their elected officials, attend public forums, visit your legislators at the Capitol either on your own or on Recovery Day at the Capitol. Get involved in a campaign, write a letter to the editor of your local newspaper, or even run for office yourself. We cannot blame leaders for making bad decisions if we do not make an effort to educate them on the issues that are important to us!

To find out who your legislators are, text you address to 520-200-2223. It will tell you your federal and state representatives, along with their contact phone numbers. Or, you may use “Legislator Lookup” at: <https://www.senate.mo.gov/LegisLookup/Default.aspx>

You can also find this information out on the Missouri House of Representatives website at: <https://www.house.mo.gov/>

Write a letter or contact Governor Michael L. Parson at:

**Office of Governor Michael L. Parson**

**P.O. Box 720**

**Jefferson City, MO 65102**

Phone: (573) 751-3222 Fax: (573) 751-1495

Or e-mail him at [communications@governor.mo.gov](mailto:communications@governor.mo.gov) or <https://governor.mo.gov/contact-us>

To reach U.S. Senator Roy Blunt: <https://www.blunt.senate.gov/> & To reach U.S. Senator Josh Hawley: <https://www.hawley.senate.gov/> You can also locate your U.S. Congressman/U.S. Member of the House By using: <https://www.senate.mo.gov/LegisLookup/Default.aspx>

\*Most legislators also have newsletters you can sign up to receive by visiting their websites.

**Remember, it's constituents like you that make the most difference you want to see. They will only know what you want if you connect with them...**