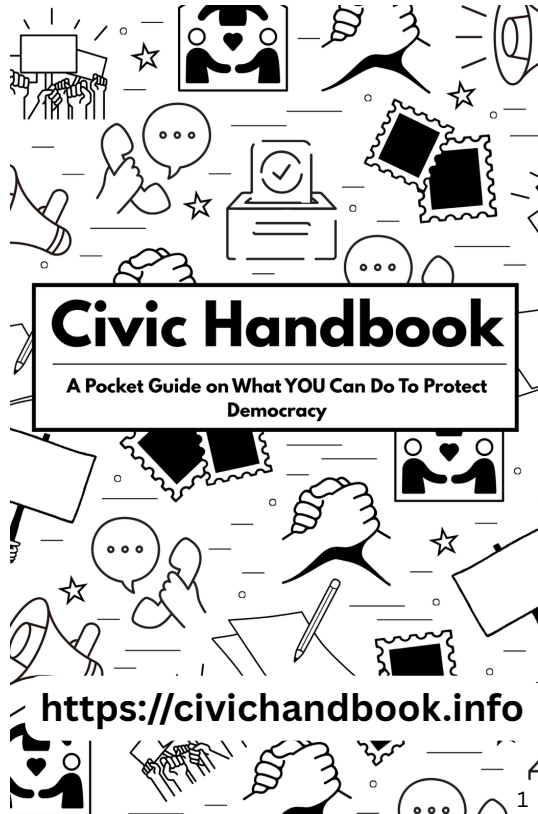


Want more ideas
and resources?



Check out
CivicHandbook.info



Contact Your Representatives!

- **White House**
Comments Line: 202-456-1111 - For expressing opinions or leaving messages
- **Switchboard: 202-456-1414** - Helps connect callers to other federal offices
- **TTY/TDD Comments: 202-456-6213** - For individuals with hearing or speech impairments
- **https://www.house.gov/** - Find your U.S. House Representatives
- **https://www.senate.gov/** - Find your Senators

- **https://www.usa.gov/local-governments** - Find your local Government Officials

- **https://resist.bot/** - Send messages via the website or send RESIST via TXT to 50409. The "bot" in the name means your inputs will automatically generate a response from the system. Keywords are used to guide you to sending letters, faxes and/or emails to the current Administration, Senators, and US Representatives.
- **https://5calls.org/** - This website is for constituents to find their representatives' phone numbers (based on zip code) and offers a script to say once you call their office(s). Great if you're not sure where to start or are unsure of what to say.
- **https://democracy.io/** - This website allows you to write messages to all your representatives based on a street address

Mutual Aid Resources

- You have constitutional rights:**
- **DO NOT OPEN THE DOOR** if an immigration agent is knocking on the door.
 - **DO NOT ANSWER ANY QUESTIONS** from an immigration agent if they try to talk to you. You have the right to remain silent.
 - **DO NOT SIGN ANYTHING** without first speaking to a lawyer. You have the right to speak with a lawyer.
 - **If you are outside of your home, ask the agent if you are free to leave and if they say yes, leave calmly.**
 - **GIVE THIS CARD TO THE AGENT.** If you are inside of your home, show the card through the window or slide it under the door.

Immigrant Legal Resource Center -
<https://www.ilrc.org/>

Check Companies Before You Buy

I do not wish to speak with you, answer your questions, or sign or hand you any documents based on my 5th Amendment rights under the United States Constitution.

I do not give you permission to enter my home based on my 4th Amendment rights under the United States Constitution unless you have a warrant to enter, signed by a judge or magistrate with my name on it that you slide under the door.

I do not give you permission to search any of my belongings based on my 4th Amendment rights.

I choose to exercise my constitutional rights.

These cards are available to citizens and noncitizens alike

Immigrant Legal Resource Center -
<https://www.ilrc.org/>

- **https://www.kiva.org/** - Kiva allows you to give money as a loan to individuals and small businesses that need it. You can filter on the location and specify who you'd like to help. This includes fellow USians
- **https://food.uslowcosthousing.com/** - A free resource to find free food places you can donate to to help with food or finances.
- **https://www.feedingamerica.org/find-your-local-foodbank** - Another website to find your local food bank and options to donate.
- **https://www.findhelp.org/** - enter your zip code and find resources for housing, food, finances, care, education, etc.
- **https://www.goodunits.com/** - group of analysts have created a scoring system for companies based on their political contributions.
- **https://www.buycott.com/** - look up products using a search or barcode scanner, then find out who their parent company supports.
- **https://www.boycottbuddy.app/** - great resource to look up companies to get a summary of their global impact on the environment, politics, and social issues.
- **https://bookshop.org/** - if you're a book lover, check out Bookshop.org to buy your ebooks, physical books, and even games & puzzles.