

# RESISTBOT

<https://resist.bot>

## Contact all your officials at once.

Resistbot is a chatbot that turns your texts into faxes, postal mail, or emails to your representatives in minutes.

- Go to your apple store and search for Resistbot
- Choose an issue you would like to support
- Answer the questions, they will ask you for your name, address, phone number and email address
- Decide if you want a letter sent via USPS (240 coins), Fax (20 coins) or email (free)
- You can purchase coins and of course they are looking for donations.
- Bingo off goes your communication to your US Congressman and Senators.

## The Easiest Way to Be Heard

Send the word RESIST to Resistbot on [Apple Messages](#), [Messenger](#), [Instagram](#), [Telegram](#), or by text to [50409](#) and answer the questions texted back. In minutes, you'll have contacted Congress or your other elected officials. [Make your letter open](#) for maximum effect.

Message and data rates may apply if you use SMS. Message frequency varies.

Text STOP to 50409 to stop all messages. Text HELP to 50409 for help. See our [terms of use](#), [privacy notice](#), and [user bill of rights](#).



# 5 CALLS

<https://5calls.org>

- **Go to your app store and search for 5 Calls.**
- **Download and follow the prompts.**
- **You can choose to use their script or use your own voice.**
- **Bingo you are ready to make a difference.**

## Make your voice heard.

5 Calls is the easiest and most effective way for U.S. constituents to make a political impact.



**Calling your congressperson is the most effective way to influence policy.**

### Want to share 5 Calls with friends?

[Download printable cards and posters](#) you can use locally to spread the word.

**We've made 7,775,555 calls so far. Join us.**

Pick an issue from the list, or [read our guide to getting started.](#)