

2. How to Contact Candidates

Find Candidate Contact Information

A) Contact the candidates in your riding:

1. Go to [the Elections Canada tool here](#).
2. Type in your **postal code** in the box for "Search by postal code".
3. Click "**Search**".
4. Click "**Who are the candidates in my electoral district?**"
5. Click on the links to the candidates' **websites**.
6. **Contact page:** The websites may have a "contact" page with a contact form and contact information.
7. **Email:** Most of the time email addresses are at the top or bottom, or on the contact page of the website.
8. **Phone:** Phone numbers are often listed at the top, bottom, or on the contact page of the websites. If you phone before or after the office opening hours, you may be able to just leave a voicemail.
9. **Social media:** You can also contact the candidates through their social media accounts, listed on their website. E.g. Facebook, Twitter, Instagram, TikTok

B) Contact the federal parties and leaders:

1. [Liberal Party contact page](#)
2. [New Democratic Party contact page](#)
3. [Jagmeet Singh contact info \(scroll to bottom\)](#)
4. [Conservative Party contact page](#)
5. [Erin O'Toole contact info \(scroll to bottom\)](#)

6. [Green Party contact page](#)
7. [Annamie Paul contact info \(scroll to bottom\)](#)

C) **Contact other candidates:**

1. Go to [the Elections Canada tool here](#).
2. Follow the **instructions at the bottom** to do different types of searches:
 - a. by postal code
 - b. by electoral district name
 - c. by candidate name
 - d. by maps
 - e. by place name (village, city)
 - f. by list (all of Canada or by province)
3. Visit the candidate **website** to find more about how to contact them.
4. Tip: You can try contacting existing Cabinet ministers and Shadow Cabinet critics if they are running for election again, and ask about issues that are under their responsibility.
 - a. [List of government \(Liberal Party\) Cabinet ministers](#)
 - b. [List of NDP Shadow Cabinet critics](#)
 - c. [List of Green Party Shadow Cabinet critics](#)
 - d. [List of Conservative Party Shadow Cabinet critics](#)
 - e. After you find out the name of the candidate you want to contact, use the above steps 1-3 to find out if they are running for re-election and find contact information.