



How to contact an MP

Members of Parliament are your representatives in Parliament. You can contact them at their offices in the parliamentary complex or at their electorate or community offices. This document tells you how to find contact details for MPs and how to address people in Parliament when you correspond with them.

Ways to contact a member of Parliament

- Go to this [list of current members of Parliament](#). – February 2022
- Choose how you want the list to display (for example, display the list by political party, portfolio, electorate, or select committee membership). The display options will help you to decide which member of Parliament you should contact.
- Click on the member's name to go to a page that includes their contact details and parliamentary biography.
- The [New Zealand Government \(Beehive\) website](#) is another source of contact details for Ministers
- See below for contact details of all electorate and community offices and a list of members' email addresses.

Electorate/Community offices and email lists

MPs often also have public offices away from Parliament. The lists at the bottom of this page provide contact details and can be used for mailing list purposes.

Offices can change, so these lists are updated every few months during the parliamentary term. In the three or four month's following a General Election, in particular, a lot of change can be expected regarding these offices and addresses. It typically takes time for new members of Parliament to locate, set up and staff an Electorate or community office, and similarly the post election period is frequently a period of change and realignment for existing member's offices.

Another way to find out which MPs have an office near where you live is to look in the Yellow Pages of your local telephone directory under 'Members of Parliament'.

What's my electorate?

- [Use this list to find out which MP represents the electorate you live in.](#)

Who are the Ministers?

The Department of Prime Minister and Cabinet ministerial list has more details about Ministers' roles and responsibilities. Use this list to help you decide which Minister is best for you to contact.

- [The Department of Prime Minister and Cabinet ministerial list](#)

Physical Mail

To write to specific members of Parliament you should address your letter as set out below. Please note that this service is offered to ensure **free** access to members of Parliament by New Zealand individuals wishing to make contact by letter. It is not intended for public campaign mail-outs of postcards or flyers.

[insert MP name]
Freepost Parliament
Private Bag 18 888
Parliament Buildings
Wellington 6160

- If you want to send a letter to **all** members of Parliament, send us 121 copies of your letter in one envelope. Include a covering note asking for a copy to be distributed to each MP.

For all enquires relating to Freepost, please contact: messengers@parliament.govt.nz

Address your envelope:
All members of Parliament
Care of Distribution Services
Freepost Parliament
Private Bag 18 888
Parliament Buildings
Wellington 6160

No postage stamp is needed when you're writing to a member of Parliament. This distribution service is available only for letters. We don't forward copies of emails to members of Parliament or Ministers.

Protocol and forms of address

Here are some examples of the correct form of address for members of Parliament. To see the form of address for any specific MP go to 'members contact details' at the bottom of this page. You can also use the [members of Parliament biography pages](#) to see who to address as Hon or Dr.

	Form of address	Salutation	Conversation
Speaker	Rt Hon Trevor Mallard, Speaker of the House of Representatives	Dear Mr Speaker	Mr Speaker
Prime Minister	Rt Hon Jacinda Ardern, Prime Minister	Dear Prime Minister	Prime Minister
Ministers	Hon [First name Last name] , Minister of ...	Dear Minister	Minister

	Form of address	Salutation	Conversation
Members of Parliament	<u>Hon [First name Last name] MP or Ms /Mr / Dr [First name Last name] MP</u>	Dear Mr / Ms / Dr [Last name]	Mr / Ms / Dr [Last name]

Telephone

The main reception telephone number for the New Zealand Parliament is 0800 PĀREMATA (0800 7273 6282). Overseas callers should call: +64 (4) 817-9999.

You can also use the [New Zealand Relay Service](#) (NZ Relay) to contact us. NZ Relay is a telecommunications service for people who are deaf, hearing-impaired, deaf-blind, or speech-impaired

Need more help?

[Contact the Parliamentary Information Service](#) if you need more help before you contact a member of Parliament.