

# How does a non-profit collect numbers for their constituent lists?

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There are three ways tax-exempt organizations can build lists of mobile subscribers:

- Upload lists of supporter mobile numbers and send required notification text message. To learn how to upload a list, [click here](#).
- Embed a mobile subscription form on their website. To learn how to set up a mobile subscription form, [click here](#).
- Instruct supporters to text one of your keywords.

For-profit companies must have "expressed written content" to upload lists of mobile numbers.

All 3 of these methods are TCPA and MMA compliant.

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