

# STOP JUNK MAIL

**<http://www.dmachoice.org>**

This site will help you eliminate offers for

- Credit Offers
- Catalogs
- Magazine Offers (this includes subscription offers, newsletters, periodicals and other promotional mailings)
- Other Mail Offers (this includes donation requests, bank offers, retail offers, promotions and more)

Please note: there is now a small fee of \$2 to unsubscribe through DMA Choice

**<http://www.catalogchoice.org>**

Allows you to unsubscribe from catalogs and mailers one at a time and it is free

**<http://www.optoutprescreen.com>**

To eliminate credit card promotional mailings, You will have the opportunity to choose either a five-year removal or a permanent removal. To eliminat

**<http://www.therealyellowpages.com>**

To opt out of yellow pages and other phone directories

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**<https://www.charitywatch.org/charitywatch-articles/seven-tips-for-reducing-unwanted-mail-and-phone-appeals/43>**

**<http://www.valpak.com>**

Have your name removed from their physical mailers a l