

# STOP JUNK MAIL



1

<http://www.dmachoice.org>

Add a little This side 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 promotions and more)

2

<http://www.catalogchoice.org>

Allows you to unsubscribe from catalogs and mailers one at a time and it is freed a little bit of body text

3

<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.

4

<http://www.therealyellowpages.com>

To opt out of yellow pages and other phone directories

5

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

The American Institute on Philanthropy offers several tips on reducing junk mail and phone solicitations from charities