

# How to Stop Junk Mail in 6 Easy Steps

## 6 Steps to get off mailing lists to STOP Junk Mail

### Step 1: Stop the Flow

Go to the source of the flood of mailings and turn off the faucet! Remove your name from mailing lists at <http://www.dmchoice.org>. It can take up to 90 days for the flow to stop since many mailings are already in print or production.

### Step 2: No More Credit Card Solicitations

If you've ever filled out a product warranty card, purchased a new home or vehicle, supplied your credit information to a lending institution, or simply carried a credit card, you can be sure your name and address are being circulated among an array of credit card companies hungry for your business. Don't despair -- there is help. To eliminate credit card promotional mailings, call 1-888-567-8688 (that's 888-5OPT-OUT) or visit <http://www.optoutprescreen.com>. You will have the opportunity to choose either a five-year removal or a permanent removal. For your personal credit cards, ask the company to place you on their "in house" list that is not sold or traded to other companies.

### Step 3: Put the Kibosh on Unwanted Phone Books and Catalogues

Go online to opt out of [Dex](#). Once you've received a catalogue in the mail that you don't want, call them to opt out. Oftentimes they're happy to take you off the list because it helps them save money by not printing unwanted catalogues.

### Step 4: Contribute to Charities, Not Mailings

If you contribute once a year to a charitable organization, ask them to send you only one donation request per year. The American Institute on Philanthropy offers several tips on reducing junk mail and phone solicitations from charities at <http://www.charitywatch.org/articles/seventips.html>.

### Step 5: Stop Junk Promo Products

If you've had it with companies sending you mailings or promo products you don't want, there is an option. First, look for any of the following phrases: return service requested, forwarding service requested, address service requested, or change service requested. If you find any of these phrases, write "refused, returned to sender" on the unopened envelope. Mail sent to "Resident," "Current Resident," or "Current Occupant" can be refused if it contains one of the above endorsements, or is sent First Class. When you

receive unsolicited promo products, you can mark the envelope "Return to Sender" and put it back in the mail.

### **Step 6: Get Off the List of ALL Direct Marketers**

There are several smaller list brokers and direct marketing firms in the U.S. besides the DMA. You'll recognize a lot of them on the list below. Just as you did with the DMA in step one, send or phone in all the variations of your name and address to the list brokers and direct marketing firms listed below. Start saving the labels of all the variations of the names and addresses, which come to your mailbox. Every variation, no matter how small (or comical), is another name on a list, which gets sold to literally thousands of businesses, so include all variations! If you prefer to go the snail mail route in removal, cut and paste actual mailing labels onto a sheet, make copies, add your signature beside each name variation on each sheet, and send them off to each of the 5 addresses below. Indicate the following: "Please remove my name and address from your mailing lists and do not rent, sell or trade my name or address."

#### **Valpak**

1 Valpak Ave. N.  
St. Petersburg, FL 33716  
1-727-399-3000

<http://www.coxtarget.com/mailexpression/s/DisplayMailSuppressionForm>

Have the Valpak mailing label handy and fill in your information exactly as it is printed. If you like coupons but don't want to receive all that mail, go to [www.valpak.com](http://www.valpak.com) to choose and print coupons by geographical location.

#### **Valassis Direct Mail, Inc.**

Consumer Assistance  
PO Box 249  
Windsor, CT 06095  
1-800-437-0479, between 8:30 and 5:00 EST

Unsubscribe from their RedPlum publication here: <https://www.redplum.com/tools/redplum-postal-addressremove.html>

#### **Epsilon Data Services**

Abacus Cooperative Databases  
[abacusoptout@epsilon.com](mailto:abacusoptout@epsilon.com)

Send an email with "remove" in the subject line and your full name, including middle initial, and address in the message. If you changed your address over the past six months, include your previous address as well.