"I WANT OUT"- How to Opt-Out of Most Lists Painlessly

We have been watching the direct mail and telemarketing industry for years. These few addresses will definitely put your mailbox on a diet and save a forest at the same time.

When I first did this for my children, I was shocked at all it stopped. I know they weren't happy (no mail for them) ...but I was!

If you need to write to any of the agencies below, please send your full name, full address, and telephone number with area code. We usually recommend writing to these businesses rather than calling. Sometimes they tend to lose your opt-out notice.

To remove your name from receiving pre-approved credit card offers,

CALL: 1-888-567-8688.

This is a national company that will notify all Credit Reporting Agencies.

To remove your name from unsolicited national telemarketing calls,

WRITE to:

Telephone Preference Service Direct Marketing Association

P.O. Box 9014

Farmingdale, NY 11735

or Call:

1-888-382-1222

but you must call from the number you want to register.

I believe everyone should call from their elderly parents phone too.

Or Go-Online To:

https://www.donotcall.gov

The only thing that we don't like about this site is that it tells you to register your cell numbers and it wants your e-mail address. Neither are required to get your number off the list.

-- It's a privacy thing with us.

To remove your name from unsolicited national mailed advertising,

WRITE to:

Mail Preference Service Direct Marketing Association

P.O. Box 9008

Farmingdale. NY 11735

To remove your name from lists compiled from public record information, such as phone books, census, tax records, etc.,

CALL: 1-866-239-7532

or WRITE to:

Dolan Information

Attn: Consumer Assistance

100 South 5th Street, Suite 300

Minneapolis, MN 55402

To remove your children's names from lists that are compiled from various sources,

WRITE to:

American Student List, LLC

Attn: Data Acquisitions Manager

330 Old Country Road, Suite 300

Mineola, NY 11501

When writing, be certain to include your children's names.

Be aware that you may continue to receive solicitations from local merchants, religious and charitable organizations, professional and alumni associations, politicians and companies with whom you conduct business.
To eliminate mail From these groups, you must notify them each individually.