

Find free legal help and social services in Tennessee



A program of Tennessee Alliance for Legal Services

www.help4tn.org

Junk Mail

What Counts As Junk Mail?

Junk mail is any unwanted or unsolicited advertising or promotional material you get in your mailbox.

Why Is Junk Mail Making A Comeback?

It's a sign of the times. Most people do not trust the junk mail they get in their e-mail inboxes but will take time to look through letters and advertisements they get in their mailbox.

How Did I Get On All These Mailing Lists?

Anytime you make a purchase or pay for a service that requires you to provide your name and address, your information may end up on a mailing list. Mailing lists are often sold to other businesses, which may result in you getting mail from a company you have never contacted or made a purchase from.

How Do I Get Off These Mailing Lists?

1. **To remove yourself or those under your care**, you can be placed on a "Do Not Mail" list that is maintained by the Direct Marketing Association (DMA). Placing your name on the Do Not Mail list is effective for 10 years. There is a \$2 processing fee. You can register online at: <https://dmachoice.thedma.org/register.php>, or you can mail in your registration. To mail in your registration, the processing fee costs a dollar more. You can click [here](#) for a copy of the form or send your name and address with a signature and a check or money order for the \$3 processing fee to:

DMACHoice

DMA

PO Box 900

Cos Cob, CT 06807

2. **To remove someone under your care**, you can register with the DMA's "Do Not Contact List For Caregivers" at <https://www.ims-dm.com/cgi/dncc.php>. There is no charge to register for this list.
 3. **To remove a deceased relative**, you can register with the DMA's "Deceased Do Not Contact List" at <https://www.ims-dm.com/cgi/ddnc.php>. There is no charge to register for this list.
 4. **To stop receiving pre-approved credit card solicitations**, call 1-888-5OPT-OUT (1-888-567-8688) or visit <https://www.optoutprescreen.com/>.
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How Do I Get Removed For Nationwide Sweepstakes Mail Lists?

To have your name removed from major nationwide sweepstakes mailers, contact the following:

1. **Publishers Clearinghouse:** call (800) 645-9242, e-mail privacychoices@pchmail.com, or send mail to:

Christopher L. Irving, Sr. Director

Consumer & Privacy Affairs

Publishers Clearinghouse

382 Channel Drive

Port Washington, NY 11050

2. **Readers Digest Sweepstakes:** call (800) 310-6261. For the hearing-impaired, call (800) 735-4327. Send mail to:

Reader's Digest

PO Box 50005

Prescott, AZ 86301-5005

How Do I Reduce Mail From Stockbrokers And Mutual Fund Companies?

Reduce mail from stockbrokers and mutual fund companies by sending written requests to be removed from lists to the following:

Dun and Bradstreet
Customer Service
899 Eaton Avenue
Bethlehem, Pennsylvania 18025

R. L. Polk & Co./Name Deletion File
List Compilation Development
26955 Northwestern Highway
Southfield, Michigan 48034-4716

Database America
Compilation Department
470 Chestnut Ridge Road
Woodcliff, New Jersey 07677

Acxiom U. S.
Consumer Advocate Hotline
Phone: 877-774-2094
www.acxiom.com/us

How Do I Stop Receiving Sexually Oriented Advertisements?

To stop receiving sexually oriented advertisements, click [here](#) to download a form from USPS. Follow the instructions on the form and deliver to a post office

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<http://www.help4tn.org/senior-services/legal-information/consumer-law/junk-mail>

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