

Telephone and Mailing Preference Services

If you prefer not to receive unsolicited sales or marketing calls, the Telephone Preference Service (TPS) is a **free official opt out register**.

You need to register your phone online at

<https://www.tpsonline.org.uk/tps>

or call **0345-070-0707**.

After registering, it can take 28 days to become effective.

If you continue to receive calls after that time, you should take the details of the company calling you and register a complaint. Registering with the TPS will not stop calls from overseas companies, although it is supposed to stop calls from overseas for UK companies, e.g. UK banks.

There is a similar service, called the **Mailing Preference Service**, if you wish to reduce the amount of unsolicited direct mailings from marketing companies.

Important mail, such as from your bank, from local authorities, etc. will still be sent to you.

You can register at <https://www.mpsonline.org.uk/consumer/register>

or phone 0845-703-4599.

You can also register the details of someone who has died with the <https://www.thebereavementregister.org.uk/> to remove their details from mailing lists and marketing databases.