



# HOW TO STOP UNWANTED CALLS



Report unwanted calls at  
[ReportFraud.ftc.gov](https://www.reportfraud.ftc.gov)

## How to stop unwanted calls **ON A CELL PHONE**



See what  
**built-in features**  
your phone has.



See what  
**call-blocking**  
and **call-labeling**  
**services** your  
**carrier** offers.



Download a **call-blocking app**.

- Some apps are **free**, but others charge a monthly **fee**.
- Some apps will **access your contacts**.
- Calls might be **stopped**, **ring silently**, or go straight to **voicemail**.