



Leave the NCTA group or unsubscribe from email

If you no longer want to participate in a group or receive the group's email, you can:

- **Unsubscribe from email from the group**—You're still a member of the group, but you no longer receive email when there's activity.
- **Leave the group**—After you take this action, you can no longer access the group if it's not public.
- **Change your settings**—If the **Add me to their groups** setting is on, a group manager can add you to a group without your permission and then send you messages from that group. Stop people from directly adding you to a group by following the instructions in [I'm in groups I didn't join](#).

Unsubscribe or leave a group using Google Groups

You can stop getting email from a group by changing your settings or leaving the group.

1. Sign in to [Google Groups](#).
2. Locate the group choose an option:
 - To stay in the group but stop getting email, for **Subscription**, click the displayed option select **No email**.
 - To leave the group and stop getting email, click Leave group **Yes, leave group**.

Unsubscribe and leave a group using email

To leave a group and stop getting email from it, you can send an email to *group name+unsubscribe@group domain*. For example, to leave the group **mygroup@googlegroups.com**, you would send a message to **mygroup+unsubscribe@googlegroups.com**. You can send the request with no subject or body text.

Troubleshoot leaving a group

If you're signed in to a work or school account, you can't leave a group that your administrator set to include all members of your work or school.

If you tried to unsubscribe and are still getting email, make sure:

- You unsubscribed using the same email address that gets the group email.



- The email is not being forwarded from an address that still belongs to the group. If they are, email the address and ask them to remove your address.
- You're not signed up for the group with more than one email address. If you are, unsubscribe that email address as well.
- The group you left isn't nested in another group. You will keep getting email from the second group, unless you leave it also.
- You're on the desktop version of Google Groups. You can only leave a group from the desktop site.