

Date

Your Name
Address
City, State Zip

Debt Collector's Name
Address
City, State Zip

Re: Account Number
Sent Certified, Return Receipt Requested
[KEEP A COPY OF THE LETTER WHICH YOU SEND THEM & CERTIFIED MAIL RECEIPT]

Dear Debt Collector:

Pursuant to my rights under federal debt collection laws, I am requesting that you cease and desist telephonic communication with me, as well as my family, friends and co-workers. I may not receive calls at work nor do I authorize your contacting me on my cellular telephone. This Cease and Desist Notice applies to the above listed account or any account which you believe I owe.

You may only communicate with me at the above listed address in writing. You are hereby notified that if you do not comply with this request, I will immediately file a complaint under the Fair Debt Collection Practices Act in Federal Court.

Sincerely,

Your Name