[Date]

[name of agency]

[correspondence address]

[city, state, zip]

RE: [YOUR NAME]

Last 4 Digits of Social Security Number [\*\*\*\*]

Account Number: [\*\*\*\*]

Dear Account Representative:

 Your office is taking collection efforts against me with regard to the above-referenced account. Please be advised that I cannot repay this debt. I have no employment income. I am [disabled/retired, etc.]. The only income I receive is from [Social Security, retirement, etc.]. This income is insufficient to pay for anything other than basic survival needs. I cannot make payments on this debt. I do not have any savings and there is nothing I own that I could sell to either pay off this debt or to make a settlement offer.

 Please do not contact me by phone regarding this account. The telephone calls are particularly upsetting to me. (15 U.S.C. 1692d(5), California Civil Code 1788.11(d).

Sincerely,

 [YOUR NAME]

 [Your Correspondence Address]

 [City, State, Zip Code]