

# NO CONTACT LETTER

From: \_\_\_\_\_  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

To: \_\_\_\_\_  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

Subject: \_\_\_\_\_

**Dear Sir or Madam,**

This letter serves as formal notice that you are required to refrain from any direct or indirect contact with me, including but not limited to in-person communication, telephone calls, text messages, emails, social media interactions, or contact through third parties.

**Legal Basis:**

Pursuant to applicable United States federal and state laws, including but not limited to any relevant statutes addressing harassment, stalking, or protective orders, this notice is issued to prevent any further unwelcome communication or interaction.

**Prohibited Conduct:**

You are hereby instructed to cease and desist from any form of communication or physical approach. This includes but is not limited to: personal visits, phone calls, text messaging, emailing, leaving messages, contacting family members, friends, colleagues or associates on my behalf, and any form of online or social media interaction.

**Consequences of Non-Compliance:**

Failure to comply with this No Contact Letter may result in immediate legal action against you, including seeking restraining orders, injunctive relief, and/or pursuing criminal charges as permitted under the law.

**Request for Confirmation:**

Please acknowledge receipt of this letter in writing within a reasonable time frame. Your failure to do so will not invalidate the terms herein.

**Reservation of Rights:**

All rights and remedies available to me under the laws of the United States and the applicable state jurisdiction are expressly reserved. No waiver of rights is implied by any past or present conduct.

**No Waiver of Legal Process:**

This letter is not a substitute for any legal process or protective order and does not limit my right to pursue any and all legal actions necessary to ensure my safety and peace of mind.

**Conclusion:**

Your cooperation is expected and appreciated. Please govern yourself accordingly.

**SENDER SIGNATURE**

**RECIPIENT SIGNATURE**

Signature: \_\_\_\_\_

Signature: \_\_\_\_\_

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