

# How A Legal Wellness Checkup Can Help You - HELP4TN Blog



Do you know how to protect yourself from legal problems? You can take charge of your legal wellness using HELP4TN's free Legal Wellness Checkup.

## How Does the Legal Wellness Checkup Work?

The [Legal Wellness Checkup](#) can help you learn your rights and figure out how to get legal help when you need it. Just like getting a checkup from the doctor for physical wellness, the Legal Wellness Checkup is important to do every year. Even better, it's completely FREE and available to all Tennesseans at [HELP4TN.org](https://HELP4TN.org).

You may be surprised what you will learn from your Legal Wellness Checkup. First, it will ask you simple questions about your life. At the end, you will get a list of potential legal issues that could impact you. Additionally, you will receive information about the law and contact numbers for asking questions and getting help. All of this takes less than 15 minutes!

# Why Do You Need One?

Take control of your “legal wellness” in 2019 by using HELP4TN’s Legal Wellness Checkup today! Here’s why you should take check on your legal wellness every year:

1. Learn about your legal rights. The Legal Wellness Checkup will give you booklets that will help you learn about your rights. If you identify any legal risks, then you can decide whether or not you need a lawyer to help you.
2. Get information about free help in your area. There may be lawyers or nonprofits that can help you for free in your area. The Legal Wellness Checkup will give you their contact information.
3. Find informational videos and forms for court. The Legal Wellness Checkup can connect you to videos so you can learn more about going to court and what forms to file in court.

The Legal Wellness Checkup provides many resources, all specific to your needs. You can get information on issues like debt, loans and money problems, child support, custody, visitation, renter’s rights, drivers’ license suspensions, and more.

[Take your Legal Wellness Checkup today](#)

HELP4TN Blog posts are written by TALS staff attorneys. This blog is not legal advice, but it is legal information to help you learn about your rights. If you have questions about this blog or about your legal situation, you can talk to a lawyer for free at 1-844-HELP4TN (1-844-435-7486).

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