

Self Help Videos

What to Expect in General Sessions

[Getting Ready for a General Sessions Civil Court Case](#)

This video provided by Justice For All gives instructions on how to get ready for trial including explanations of legal concepts.

[Preparing for Your Day in Court | *Preparándose Para Su Día de Corte*](#)

In these video, Legal Aid of East Tennessee outlines general information on how to prepare for General Sessions court when representing yourself. This information is available in English or Spanish

Sued?

This video was created by West Tennessee Legal Services. It provides information about how to protect your personal property (cars, bank accounts, furniture, etc.) when we're you're being sued.

[Protecting Your Personal Property When You've Been Sued](#)

Divorce

This video, supplied by Legal Aid of East Tennessee, provides general legal information about getting divorced in Tennessee.

[Divorce in Tennessee](#)

Before you Move into a New Property

The following videos from Legal Aid of East Tennessee provides tips on what tenants should do before moving into a new property. This information is available in both English and Spanish.

[Renters' Guide - 5 Things You Should Do BEFORE You Move In](#)

[Guía para Inquilinos - 5 Cosas Que Debe Hacer ANTES de Mudarse Adentro](#)

Are Bill Collectors Bothering You?

This video, created by Legal Aid of East Tennessee, provides information on how to deal with bill collectors.

[Bill Collectors](#)

This video was created by West Tennessee Legal Services. It provides information about your rights when debt collectors call you.

[Five Things You Can Do When a Debt Collector Calls](#)

Orders of Protection

These videos, created by Legal Aid of East Tennessee, provide information on Orders of Protection in Tennessee. You will learn what an Order of Protection is, how to get an OP, how to stay safe, preparing for court, and how to deal with violations of your OP. This information is available in both English and Spanish.

[Part 1 - What is an Order of Protection?](#)

[Parte 1 - ¿Qué es una Orden de Protección?](#)

[Part 2 - How to Get an Order of Protection](#)

[Parte 2 - Como Obtener una Orden de Protección](#)

[Part 3 - How to Stay Safe Until Your Hearing](#)

[Parte 3 - Cómo Permanecer Fuera de Peligro Hasta Su Día de Audiencia](#)

[Part 4 - Preparing for Your Day in Court](#)

[Parte 4 - Cómo Prepararse Para Su Día En Corte](#)

[Part 5 - Violations of an Order of Protection](#)

[Parte 5 - Violaciones de una Orden de Protección](#)

Power of Attorney for Care of a Minor Child

[POAs for Children](#)

Foreclosure

These videos, created by Legal Aid of East Tennessee, help explain the foreclosure process in Tennessee.

[What Happens During a Foreclosure?](#)

[Ways to Avoid Foreclosure and Keep Your Home](#)

[Ways to Avoid Foreclosure but Not Keep Your Home](#)

Legal Wellness Checkup

Click on the link below to learn about the legal wellness checkup that appears on the Help4TN.org homepage.

[Legal Wellness Checkup](#)

Senior Legal Issues

The following videos were created by West Tennessee Legal Services. They are primarily geared toward seniors, but could be helpful to others as well.

[Elder Abuse Recognition and Prevention](#)

[What are Medicare and Medicaid?](#)

[Qualified Income Trusts](#)

[How to Avoid Senior Scams](#)

[Redetermination / Why has my SSI Gone Down?](#)

[How to Safely Get a Free Credit Report](#)

[TennCare CHOICES](#)

[Conservatorships and Power of Attorney](#)

Workers Compensation Video Series

The following videos were put together by the Tennessee Bureau of Workers' Compensation and Tennessee Alliance for Legal Services.

[Mediation](#)

[Mediación](#)

[Medical Records](#)

[Registros Médicos](#)

[Light Duty](#)

[Trabaje con restricciones](#)

[Construction Workers](#)

[Contratistas, Subcontratistas y Empleados](#)

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