

HELP4TN

Domestic Violence

Find legal and social service resources in Tennessee

www.help4tn.org

Domestic Violence Information

The booklets and contact information below can help you learn about orders of protection. If you are in fear for your safety always call 911.

Legal Information: Booklets

Domestic and Dating Violence Information for East TN

This link will download a booklet to your computer or device. If you don't see the booklet, try looking at your computer's "Downloads" folder. This booklet is from Legal Aid of East Tennessee and talks about orders of protection. The information can help anyone in Tennessee but the phone numbers may only be for East Tennessee.

Domestic and Dating Violence Information for Middle TN

This link will take you to a page with a few booklets and information if you are afraid for your safety or have questions about an order of protection.

Domestic and Dating Violence Information for West TN

This link will take you to a page with legal information. Click on the "Family" tab to find the booklet on domestic violence and orders of protection.

Domestic and Dating Violence Information for Memphis Area

This booklet will help you learn about resources in Memphis if you are scared for your safety. It can also help anyone in Tennessee learn about getting help.

Safety Plan

This book can help you learn about leaving in a safe way. The phone numbers in the book are only for Memphis but you can find local help using the links on this page.

Statewide Social Services:

211 Tennessee - United Way

For help by phone, dial 211 for Tennessee's community services help line or visit the 211 website.

Kid Central

Kid Central is a one-stop shop for Tennessee families to connect with important information and resources provided by Tennessee state departments.

Legal Help or Representation:

TN Free Legal Answers

If you are in Tennessee, you can ask a lawyer for help with a legal issue at no cost. It is fast and easy, and all you need is a computer. This is a FREE service for people who cannot afford a lawyer.

How it works:

- You will answer a few questions to see if you qualify for their service. If you qualify, you will have the option to create an account.
- If you are eligible, you can ask their volunteer attorneys a non-criminal question.
- Once your question receives a response, you will get an email. You will need to sign into the website to read your response and ask any additional questions.

Visit <https://tn.freelegalanswers.org/> to sign up.

Statewide Directory

The Statewide Directory provides information regarding Legal Aid Attorneys and other agencies by county in Tennessee.

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