

Emergency Protective Orders (EPO)

Elder or Dependent Abuse Restraining Order

Open this brochure for more information on civil restraining orders

Domestic Violence Restraining Orders

Civil Harassment Restraining Orders

What is a restraining order?

A restraining order is a court order that protects you from physical, emotional, or financial abuse. It can also protect you from being stalked or harassed.

How much does it cost?

In most cases, restraining orders are free. See inside for more information.

What kind of orders can I get?

There are different kinds of civil restraining orders. To see which is right for you, see inside.

What if I need a *criminal* restraining order?

A District Attorney can ask for a criminal restraining order in a criminal case. For more information, contact the District Attorney in your county.

Where can I get court forms or information?

Go to:
www.courts.ca.gov/selfhelp-abuse.htm

No One deserves to be abused

A guide to civil restraining orders



Judicial Council of California
California Courts Self-Help Center
www.courts.ca.gov/selfhelp

Civil Restraining Orders

	Emergency Protective Orders (EPO)	Elder or Dependent Abuse Restraining Order	Domestic Violence Restraining Orders	Civil Harassment Restraining Orders
You can get this kind of order if:	You are in danger.	You are 65 or older, or you are between 18 and 64 and have certain disabilities, and you are a victim of: <ul style="list-style-type: none"> Physical or financial abuse, Neglect, abandonment or isolation, or Treatment that has physically or mentally hurt you. 	You want to protect you and your family from someone: <ul style="list-style-type: none"> You are dating (or used to date), You are married to (or were married to), You have a child with, or You are closely related to (like a parent, child, brother or sister, grandparent, or grandchild, including stepparents, stepchildren, stepsiblings, and current in-laws) 	You are worried about your safety because you are being: <ul style="list-style-type: none"> stalked, harassed, sexually assaulted, or threatened <p>by someone you do not have a close relationship with, like a neighbor, roommate, or someone you don't know. This kind of order is not for people who have dated or who are closely related.</p>
It can order someone to:	Stay away from you, your home, and your work.	<ul style="list-style-type: none"> Not contact you in any way Stay away from you and your home Move out of your home 	<ul style="list-style-type: none"> Not contact you in any way Stay away from you, your home and your work Move out of your home <p>The court can also make orders about child custody and visitation, child support, spousal support, payments of certain bills, transferring rights to a cellphone number, and more.</p>	<ul style="list-style-type: none"> Not contact you in any way Stay away from you, your home (unless you are roommates), and your work
It lasts:	Up to 7 days.	Up to 5 years.	Up to 5 years.	Up to 5 years.
It costs:	It's free.	It's free.	It's free.	It depends on the type of harassment and/or your income.
You can get help from:	Any police officer can help you with an emergency order. If you want protection for longer than 7 days, you must ask the Court for another kind of restraining order.	Senior Information Line 1-800-510-2020 Superior Court Self-Help Center www.courts.ca.gov/selfhelp-courtresources.htm Adult Protective Services in your county: www.cdss.ca.gov/inforesources/County-APS-Offices	National Domestic Violence Hotline Toll-free: 1-800-799-7233 TDD: 1-800-787-3224 www.ndvh.org 24 hours a day, 7 days a week Superior Court Family Law Facilitator or Self-Help Center www.courts.ca.gov/selfhelp-courtresources.htm The Family Law Facilitator may also be able to help you with custody, visitation, and child support orders.	Superior Court Self-Help Center www.courts.ca.gov/selfhelp-courtresources.htm National Sexual Assault Hotline Toll-free: 1-800-656-4673 www.rainn.org 24 hours a day, 7 days a week