

Virginia Judicial System Court Self-Help



Resources for Self-Represented Litigants in Virginia

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Protective Orders

About Protective Orders

In Virginia, there are two kinds of Protective Orders:

- 1) **Family Abuse Protective Order**, which is heard in the Juvenile and Domestic Relations Court
- 2) **Non-Family Abuse Protective Order**, which is heard in the General District Court

Your local court is likely to have more resources and information, including guidelines for the hearings. The **Pulaski Juvenile and Domestic Relations District Court** offers videos at the bottom of the page about protective orders in Virginia. Be sure to check with your local court for details before proceeding.

The **booklet** Understanding Protective Orders in Richmond, VA may also help you understand more about the process and what you need to bring to court. The **Spanish version** of this booklet is here: Entendiendo Las Órdenes de Protección en Richmond, VA.

Safety & Community Resources

Sexual & Domestic Violence Agencies serve most communities in Virginia. They are available 24 hours a day, and can offer many services to help and support you or someone you are worried about. If you are unsure which agency would best help you, call the Virginia Family Violence & Sexual Assault Hotline at **1.800.838.8238**.

Legal Resources

Legal information and legal advice are very important in abuse cases, and you are strongly urged to contact a lawyer.

Court Forms for Protective Orders

There is a free court approved online program called **I-CAN!™ Virginia** that will help you fill out

the forms you need to file with the court for both kinds of Protective Order. I-CAN!™ Virginia will also print instructions that tell you what to do with your forms, and how the court process works. This program can be accessed in English and Spanish.

Your local court may be able to direct you to resources to help you complete the forms.

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