

# Virginia Judicial System Court Self-Help

Resources for Self-Represented Litigants

[selfhelp.vacourts.gov](http://selfhelp.vacourts.gov)

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## Find a Mediator

### **Mediation**

Mediation is an alternative dispute resolution (ADR) process in which a trained neutral mediator facilitates communication between the parties and, without deciding the issues or imposing a solution on the parties, enables them to understand and reach a mutually agreeable resolution to their dispute. It helps the parties understand and recognize their underlying needs, overlapping interests and areas of agreement.

In Virginia using a mediation process is voluntary. The mediation process is confidential and used in many proceedings.

The court offers a variety of [dispute resolution services](#), some of which may be available at no cost. The court hosts a [general directory of private providers](#), as well as a link to the [Virginia Association for Community Conflict Resolution](#). Also, be sure to check with your [local court](#) or [local law library](#).

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