



Worried about sorting  
out arrangements after  
a separation or divorce?

## Family mediation works

Professional family mediators help you agree on arrangements for your children, home and finances, if you are divorcing or separating. You can do this without going through court and paying big legal fees. The majority of people who start mediation reach an agreement.

You'll usually need to prove that you've considered mediation before you go to court.

Family mediation is:

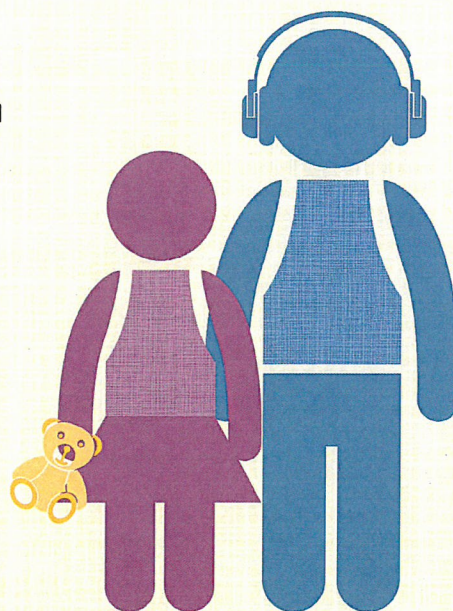
- **Quicker and cheaper** than long court battles
- **Less stressful** than court – with less conflict between you and your partner
- Gives you **more control** over decisions than if you go to court
- **Easier for children** when parents co-operate.

Mediation could be free if you can get Legal Aid.

You can check whether you qualify for free mediation at [www.gov.uk/check-legal-aid](http://www.gov.uk/check-legal-aid) or call 0345 345 4345.

**If either of you qualify for Legal Aid then the information meeting (the MIAM) and first mediation session will be free for both of you.**

Contact a family mediator when you think you need help sorting out arrangements – you don't have to see a solicitor first.



Find more information and search for a mediator at  
[www.familymediationcouncil.org.uk](http://www.familymediationcouncil.org.uk)