

Why we exist

Access to justice should be fair, inclusive, grounded in dignity and knowledge. Everyone should be able to access emotional support and practical guidance when navigating the civil and family courts or tribunals without legal representation. No one should face court alone.

What we bring

✓ Real understanding

We know how civil and family courts work, and what it feels like to face them alone.

✓ A safe, supportive space

We listen without judgement and help people feel calmer, clearer and more confident about their next steps.

✓ Practical help that makes a difference

From forms and procedures to preparing for court, we provide support that is difficult to access elsewhere, tailoring our support to people's needs.

✓ People who care

Trained staff and a valued network of volunteers from the community and local universities, are committed to respectful, high-quality support.

✓ A stronger voice for change

We use what we learn from the people we support to work with courts and partners, influencing change towards greater fairness and equality.

What we do

Provide an accessible service

We are committed to free support that's easy to access, whether in person, online, or over the phone.

Offer practical and emotional help

We guide people before, during and after court. We can help with court forms, statements and checking legal aid eligibility. We also provide a listening ear: giving people reassurance, helping get thoughts in order, and supporting them to make sense of their situation.

Connect people to the right help

Where possible, we signpost people facing court alone to legal advice, specialist services, mental health support, or other support if they need it.

Make the system easier to navigate

We help people understand out of court options, what's expected in court, and how to engage effectively with the court process.

Use what we learn to make a difference

We share our insights and experience to improve our services and advocate for a fairer, more accessible justice system.

What we achieve: the difference we make today

People aren't facing court alone

We provide timely, practical, and emotional support so more people without representation feel guided and supported every step of the way.

Less stress, more confidence

We enable people to engage in court processes and hearings with greater understanding, clarity, and reduced anxiety.

Stronger connections and access to help

Through partnerships and referrals, those we support can more easily reach the right advice and services for both court-related and wider life issues.

What we achieve: the difference we make for the future

Lasting change for fairness and equality

We use what we learn from clients to improve court practices, inform policy, and make the justice system more inclusive and responsive.

Better wellbeing in all areas of life

By connecting people to emotional support and specialist services, we help them feel stronger, more resilient, and better able to manage life's challenges in the months and years ahead.

Fairer futures

Our guidance and support help people engage effectively with court processes, equipping them to manage ongoing challenges with housing, money, work, professional relationships, and other practical matters into the future.

Improved relationships

Support that helps people navigate family or civil proceedings can contribute to clearer communication, better understanding, and more positive outcomes in their family and personal relationships.

Find out more about how we help including locations and types of cases we assist with on our website:
www.supportthroughcourt.org/get-help