



Legal Protection, A Resource for Where to Begin

This resource discusses patterns of emotional manipulation that can be painful to revisit. Please take time and pause if needed. Engagement with this information is entirely within your control. Safety and well-being are what matter most.

Legal protection for the emotionally and psychologically abused does exist. Protection includes civil restraining orders, protective injunctions, and family court remedies that address non-physical psychological harm, harassment, and coercive control. Emotional abuse, on its own, rarely triggers criminal charges. Yet, the law does provide multiple civil and protective pathways for those living through it.

Most of the laws that apply to those experiencing this type of domestic violence come from state laws. For example, laws that deal with protection orders, divorce, custody, crimes and more. The protection available and the requirements will vary by State and individual circumstances.

Understanding what protection is available and the various legal options can be challenging to navigate and difficult to understand. The resources below are shared to provide a starting point, help answer questions and provide information about available options.

- Women's Law
<https://www.womenslaw.org/>
- Legal Services Corporation (Find Legal Aid)
<https://www.lsc.gov/about-lsc/what-legal-aid/get-legal-help>
- American Bar Association - Free Legal Help Directory
https://www.americanbar.org/groups/legal_services/flh-home/flh-free-legal-help/

When navigating the potential need for protection and legal resources, please remember that safety is a priority. When there is uncertainty, speaking with a professional is the safest option. You are not alone. There are resources available and people trained to help.