



Restraining Order Assistance

COURT SELF-HELP SERVICES

Remote Assistance

For remote answers to questions on restraining orders, please contact FLF by LiveChat at:
<https://www.sanmateo.courts.ca.gov/flf>

In-Person Assistance

For information on FLF hours for in-person service to receive forms, instructions, or review of forms, please see:
https://www.sanmateo.courts.ca.gov/system/files/self-help/flf_hours_flier.pdf

Forms

Restraining Order forms may also be requested from the clerk's office in Redwood City. For the current hours, see:
<https://www.sanmateo.courts.ca.gov/general-information/locations-contact-info/office-hours#hoj>

ONLINE RESTRAINING ORDER INFORMATION

For general information regarding different types of Restraining Orders including Domestic Violence Restraining Orders, Gun Violence Restraining Orders, or Elder or Dependent Adult Abuse Restraining Orders, see: <https://www.sanmateo.courts.ca.gov/self-help/abuse-harassment> or <https://selfhelp.courts.ca.gov/restraining-orders>

E-FILING

The Court accepts electronically filed documents in Domestic Violence Restraining Order cases as well as Gun Violence Restraining Order cases. For more information see <https://www.sanmateo.courts.ca.gov/efiling>.

GUIDE AND FILE

If you are seeking a Restraining Order, you can follow a free step-by-step guided interview process to fill out your court forms. The service will ask you questions for you to answer. For more information, see <https://www.sanmateo.courts.ca.gov/ogf>. You will also be able to electronically file your request through this program.

COMMUNITY RESOURCES

Bay Area Legal Aid (BALA)

Provides forms, review of self-completed forms, and assistance with Domestic Violence Restraining Order forms:
<https://baylegal.org/get-help/find-an-office/san-mateo-county/>

Community Overcoming Relationship Abuse (CORA)

Toll Free 24-Hours Hotline: (800) 300-1080
<https://www.corasupport.org/gethelp/>