

Throughout our relationship **you** always blame me for everything and **turn violent** when I don't agree, **and** I'm frightened of you if you don't get your way. Now we have separated **I'm** worried about how we can reach a fair settlement. I'm **scared** you won't agree to put the needs of our children first.

## Domestic violence

Do you feel able to negotiate?

Is mediation right for you?



National  
Family  
Mediation

---

Turn arguments... into agreements

## **Mediation can help couples when relationships are breaking down.**

When a relationship is ending, mediation will help you make decisions about the future, and to agree fair and sensible arrangements for your home, finances and especially your children.

## **Mediation and domestic violence**

Mediation can be an effective way of finding solutions where there has been violence at home, but it's essential that you and the mediator are assured it is right for you.

The mediator will help you consider:

- if mediation is right for you
- if mediation is safe for you at this time.

Together with the mediator you can consider any risks and come to the right decision for you.

## **When can mediation help?**

### **Mediation can help at any stage in a separation.**

It can help with :

- future contact arrangements for children
- sorting finances that relate to your separation
- sharing your assets and possessions.

## What mediators *can* do

- **Create a safe environment**, with your help, for you to talk about these things together, and find a way forward that is in everyone's best interests.
- **Help you and your partner** think through your situation and make joint decisions about the best arrangements for children that are safe.
- **Talk about** housing arrangements; as well as money, possessions and debt.
- **Help you record any agreements** in writing to be taken to court.
- **Give you information** about other available services that may be more useful to you at present.

## What mediators *cannot* do

- **Let mediation go ahead if there is a risk to either of you and the mediator.**
- **Give you counselling about your past relationship** - but we can help you find others that will help with this.
- **Offer courses or counselling that will help you or your partner change behaviour.** But we can help you find the right service for your situation
- **Force you or your partner to come to mediation.**

## Feeling safe and talking openly

In mediation you both need to feel free to negotiate; to be able to talk openly about what you need for the future. The mediator will be able to discuss with you if mediation is a safe and sensible option. You will also find out about alternatives to mediation.

Coming to mediation can be difficult. But all our mediators will take simple, practical steps to reduce any possible friction between you and your partner. If necessary, the mediation can take place with you both in separate rooms.

## What will happen in mediation?

- You'll each be offered an individual appointment.
- You'll be asked about your present situation and the areas you want to discuss. You can then make an informed choice to try mediation.
- If you both want to mediate, a joint appointment will be made. The mediator will ensure the right safeguards are in place so you are both able to take part in mediation safely and on an equal basis. The mediator will stop mediation if it is unsafe for anyone involved.
- Should you wish, any agreement reached in mediation can be taken to a court and formalised.

## **About National Family Mediation**

National Family Mediation (NFM) offers high-quality family mediation and support services to all families affected by relationship breakdown, divorce or separation in England and Wales.

NFM mediators are carefully selected and trained to the highest standards.

They will help you to reach joint decisions about all the issues associated with your separation.

We also provide specialist services for children.

For more information please visit our website, or give us a call.

**[www.nfm.org.uk](http://www.nfm.org.uk)**

**Tel: 0300 4000 636**



@NatFamMediation



NatFamMediation

## Your local National Family Mediation service

National Family Mediation provides services in over 500 locations across England and Wales, so there's one close to you.

To find your local service you can call  
**0300 4000 636**

Or simply type in your postcode at  
**[www.nfm.org.uk/find-help-near-you/](http://www.nfm.org.uk/find-help-near-you/)**

Or scan this  
QR code



National  
Family  
Mediation

Turn arguments... into agreements