

Since you said you wanted a **divorce**, you've turned our lives upside down. I am struggling to know **where** to turn to and what to **do** next. I have so many questions, how are we going to cope financially, do I have to go to court? **I** can't believe you've done this to us and I just don't know where to **start?**

## **Mediation information and assessment meetings (MIAMs)**

If you're thinking of applying for a court order, you'll need to see a mediator first.



National  
Family  
Mediation

Turn arguments... into agreements

## **Why do I have to go to a mediation information meeting?**

**If you are in dispute with your ex, or are having difficulties settling your separation, you may be thinking about court proceedings.**

But before an application can be made to court, you are required to attend a mediation information assessment meeting, or 'MIAM' for short. The aim of the meeting is to see if mediation could be used to resolve your difficulties, rather than going straight to court.

**Courts are required to know that mediation has been considered before they are able to proceed with your application.**

## **What is a mediation information assessment meeting?**

The mediator will explain to you:

- what your options might be
- what mediation is and how it works
- the benefits of mediation and other appropriate forms of resolving disputes
- the likely costs of using mediation
- if you are eligible for free mediation and Legal Aid.

**The meeting is usually between the mediator and just you. Your ex-partner will also be offered this opportunity.**

### **How long is the meeting?**

The meeting usually lasts around 45 minutes.

### **How much will it cost?**

You may be eligible for Legal Aid to cover the cost. But if not, your local service will be able to advise you of their charges.

We provide a range of flexible packages and payment terms.

### **What happens after the meeting?**

The mediator will be able to tell you if your case is suitable for mediation. If it is, they will advise you of the next steps.

### **What happens if mediation does not go ahead?**

If, after your MIAM, it's considered that mediation is not suitable in your case, the mediator will supply you with a form. Signed by a certified mediator, this form confirms that you have attended a MIAM. A court will then allow you to issue proceedings.

## The benefits of mediation

**Mediation provides a safe, confidential environment, allowing you to discuss future arrangements for you and your family.**

**Our mediators are skilled at helping you navigate the legal and emotional maze that family breakdown can create.**

- It is cheaper, quicker and less stressful than going to court.
- It helps provide long-term solutions that are in the best interests of you and your family.
- It is flexible and can accommodate all of your family's unique needs, allowing you to keep more control over your own future.

Mediation will help you sort out :

- the first steps to take
- the options available to you
- arrangements for your children
- child maintenance payments
- housing and accommodation issues
- how to settle finances, savings, joint debts, pensions and mortgages.

## **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**



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## 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



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