

FREQUENTLY ASKED QUESTIONS



part of the Affordable Family Law Group CIC

After separation, how much contact should I have with my ex?

This very much depends upon the reason for separation, if the safety or welfare of you or your children is at risk, then all contact with your ex-partner should stop immediately. There are safe methods of communicating and BH Support will assist with putting these in place, such as the 'My Family Wizard' App.

Where communication can continue safely, then working together to reach mutual agreement of the terms of the separation should continue either directly, or indirectly through BH Support.

How can I get best use out of my legal support?

Legal applications can be complex, BH Support are there to help but good preparation of the history of the relationship, the difficulties and the concerns can help us better understand. This preparation is crucial along with a good understanding of the outcome that you desire and the benefits this will bring to you and your children. Being open and getting access to emotional support through your GP, family support organisations and digital platforms can also help you make better decisions and this assists greatly with the legal support given.

How should I expect to feel?

You may already be going through a range of emotions, it is quite normal to feel anxious or worried about the legal definitions, appearing in the family court and to understand fully the best options available as you separate from your partner. Most families that are supported have never needed to place legal applications or attend court in their lives. BH Support help you manage all legal applications and documents and this supports your emotions on this difficult journey to resolution. BH Support have a range of resources available to support you and your family along the way including referral partnerships with local support charities, networks and digital platforms that help support positive resolution for you and those important to you while ensuring you can manage the varying emotions commonly experienced by people in similar situations.

Together We Are Strong

BHSUPPORT

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Scan the **QR** code
for more **information**:



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