



Restraining Orders

Categories : [Criminal Justice System](#), [Legal and Protective Services](#)

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WHAT IS A RESTRAINING ORDER?

A restraining order is a court order issued to protect a person from physical pain or injury or the threat of pain or injury. A restraining order can generally be issued against a family member (for example, a spouse, an ex-spouse, the other parent of your child) or a household member (anyone you live with or used to live with) or against someone you have recently dated.

FOR MORE INFORMATION:

Go to <http://ctlawhelp.org/self-help-guides/how-to-restraining-protective-order>

For Connecticut laws, how to file an application for a restraining order, and other resources, see CT Judicial Branch Law Libraries webpage: [“Domestic Violence in Connecticut”](#)

TO FIND PROVIDERS IN CONNECTICUT’S COMMUNITY RESOURCES DATABASE:

Search by service names:

- [Civil Superior Courts](#)
- [Domestic Violence Hotlines](#)
- [Law Enforcement Agencies](#)
- [Legal Issues Education/Information](#)
- [Temporary Restraining Orders](#)

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PREPARED BY: 211/kq

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