How to Find Legal Help on the Internet

Find people & guides to help you with problems like divorce, custody, evictions, debt collection, traffic tickets, and other legal problems. And take care to avoid bad information.

Where to Find Expert Legal Help

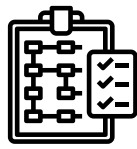Connect with free or paid lawyers, do-it-yourself guides, and court help centers that can assist you.

Scan this QR code to follow the links below.

Legal Aid

Find a free lawyer who can assist you.

oregonlawhelp.org/referrals

Law Help

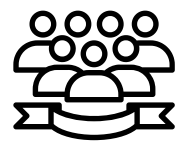Find legal information and help.

oregonlawhelp.org

Court Help

Find forms, local courts and other resources.

courts.oregon.gov/help

State Bar

Hire a lawyer by contacting the Oregon State Bar.
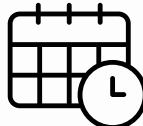
osbar.org/public/ris

3 Questions to Avoid Bad Legal Information

Ask these questions to make sure you are getting correct, trustworthy legal help online.

Is the legal info meant for your location?

Make sure it's for your city, county, or state. Or else it could be wrong for you.

Is the info up-to-date?

Laws and paperwork change all the time. Check when the info was last updated, to make sure it still applies.

Is the info from a trustworthy expert?

Or is it from someone with limited legal experience? Or could it be a scam?

Be Careful with AI Tools
like ChatGPT, Bing or Gemini

Always double-check any legal information an AI tool gives you.

A law librarian or a lawyer can help you double-check.
Or you can do your own legal research, to verify the info.

AI makes up fake laws, cases, legal aid groups, hotlines, forms, and other legal info.

AI tools may seem confident in their answers. But they make many mistakes.

Modified and approved by State Family Law Advisory Committee March 2024