



# Relationship breakdowns

where to turn for advice



building  
communities

Going through a relationship breakdown isn't easy and it can be upsetting and stressful. Worrying about whether or not you will have to move home can make the situation even worse. We've put this information together to tell you more about the options that may be available to you. The best thing you can do is to get housing advice as early as possible, regardless of whether you have plans to leave or stay in your home.

You can get helpful advice from your local authority's housing team as well as various support agencies such as the Citizens Advice Bureau and Shelter:

- Citizens Advice Bureau – [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) or 03444 111 444
- Shelter – [www.shelter.org.uk/advice](http://www.shelter.org.uk/advice) or 0808 800 4444. Their emergency helpline number is 0808 1644 660.

You can also get free and confidential relationship counselling from:

- Relate – [www.relate.org.uk](http://www.relate.org.uk) or 08451 304 016
- National Family Mediation – [www.nfm.org.uk](http://www.nfm.org.uk) or 01392 271 610.

## Your tenancy

In situations where both people are named on the tenancy agreement; you can decide which one of you is to be assigned the tenancy, allowing the other person to move on. You need to apply to us for this so that we can review your individual case.

## Relationship breakdowns

### Occupation orders

An occupation order is issued by the family court and outlines who should or shouldn't live in a home, often following a relationship breakdown. There are many reasons for applying for one:

- It could allow you to stay or return to a property, even if you are not the tenant
- It could stop a partner from returning to a home, even if they are the tenant
- It could change a joint tenancy into one person's name.

You should seek legal advice from a solicitor, Shelter or Citizens Advice Bureau before applying.

### Lock changes

You may wish to change the locks to your property. Before doing so, we would advise that you seek legal advice as this may amount to an illegal eviction. We do not have the legal right to change the locks on your home without a court order.

### Ending the tenancy

This will depend upon the terms and conditions of your tenancy. Before you take this action, please seek legal advice.



# Domestic abuse

If you are experiencing domestic abuse, there is advice and support available. If you are at immediate risk, contact the Police. If you are fleeing domestic abuse, you may approach any local council for assistance.

You may also contact:

- **National Centre for domestic violence**  
www.ncdv.org.uk or 0800 970 2070,  
text NCDV to 60777
- **National Domestic Violence Helpline**  
www.womensaid.org.uk or www.refuge.org.uk,  
08082 000 247
- **Domestic Abuse Support Services**  
www.saferplaces.co.uk

## Get in touch


You can visit our website:

 **orbit.org.uk**

For more information, please email us:

 **info@orbit.org.uk**

Take a look on social media:

 **/OrbitHelp**    **@OrbitHelp**

Or to talk to us, please call:

 **0800 678 1221**

Textphone:

 **18001 0800 678 1221**

Our postal address:

 **Orbit, PO Box 6406, Coventry, CV3 9NB**

If you need information in a different format  
please contact us on **0800 678 1221**

Orbit Group Ltd, Orbit South Housing Association Ltd and Heart of England Housing Association Ltd are all registered societies under the Co-operative and Community Benefit Societies Act 2014. Are all exempt charities and registered with the Homes and Communities Agency.

