



Sources of Legal Advice and Assistance Employment Tribunal

Although Employment Tribunals are used to dealing with unrepresented parties, many cases are more complex than they may seem. The tribunal staff and Judges will do what they can to ensure your case is given a fair hearing, however, we cannot give you legal advice.

This is a list of organisations who may be able to give you free advice and support. Some offer legal advice, some may represent you at the hearing, and some only offer emotional or practical support. The websites explain what kind of help can be given. Please contact the tribunal for a copy to be sent to you by post/email, if preferred.

We cannot guarantee that these organisations will be able to help you, and we are not responsible for the content or quality of any advice that you receive. There may be a delay in obtaining an appointment and the Tribunal does not usually delay cases to allow extra time for you to get assistance.

Guidance & Useful Information

The Employment Tribunal Tribunal information, procedure rules, forms and guidance and practice directions.	https://www.judiciary.uk/courts-and-tribunals/tribunals/employment-tribunal/employment-tribunal-england-wales/
General Enquiries (England and Wales)	t: 0300 123 1024 textphone: 18001 0300 123 1024 Employment Tribunal Customer Contact Centre, PO Box 10218, Leicester LE1 8EG
GOV.UK Information about workers' rights and calculators for wages, holiday pay and redundancy pay.	https://www.gov.uk/browse/working
Advice Now Provides signposting to useful information on Employment Tribunal procedures.	www.advicenow.org.uk
BPP Videos Ten videos, produced by BPP Law School, contain information about what happens at a hearing and Employment Tribunal procedures.	http://vimeo.com/user/71831050/folder/4038961
Equality and Human Rights Commission Guidance for workers and employers about discrimination and a youtube channel with short videos explaining legal concepts in the Equality Act 2010	https://www.equalityhumanrights.com/en https://www.youtube.com/@EqualityHumanRights
Video Hearings at the Employment Tribunal This short video explains what will happen at an Employment Tribunal video hearing.	https://youtu.be/OZwAiabxqvo https://youtu.be/YGBFYt_K0jA (British Sign Language)

National Advice Agencies and Organisations

Acas Free, impartial advice on workplace rights, rules and best practice.	www.acas.org.uk t: 0300 123 1100
Advocate May offer free representation at a Tribunal hearing.	https://weareadvocate.org.uk/
Citizens Advice Website provides advice on work-related issues. Citizens Advice can provide advice and casework service. Use their website to locate a Citizens Advice office near you.	https://www.citizensadvice.org.uk/
Disability Law Service	www.dls.org.uk t: 0207 791 9800

Free helpline and advice for disabled people, their families, carers and advocates on discrimination and employment issues.	
Equality Advisory and Support Service Advice for discrimination cases under Equality Act 2010 only.	www.equalityadvisoryservice.com t: 0808 800 0082
Free Legal Answers Volunteer lawyers answer specific questions about legal issues.	https://freelegalanswers.org.uk/
Free Representation Unit (FRU) Free representation at hearings in London/SE or Nottingham areas via a referral agency. Self-referral only for shorter final hearings (max 2 days) in London/SE.	http://www.thefru.org.uk/ t: 020 7611 9555
HMRC Statutory Payments Dispute Team For payments of Statutory Maternity Pay/Adoption Pay/Paternity Pay/Shared Parental Pay or Statutory Sick Pay when your employer is insolvent or refusing to pay.	t: 0300 0560 630 Textphone: 0300 200 3212
Law Centres Network A network of Law Centres providing free legal advice and assistance. Find a local law centre on the website.	www.lawcentres.org.uk
Law Works Advice Centres Find address of advice centre nearest to you.	www.lawworks.org.uk/legal-advice-individuals/find-legal-advice-clinic-near-you
Maternity Action Free online information and telephone advice on maternity and parental rights and benefits.	https://maternityaction.org.uk/ t: 0808 802 0029
Modern slavery Helpline to report concerns and seek information or advice about forced labour, trafficking and domestic servitude.	t: 0800 012 1700 (Unseen) t: 0300 303 8151 (The Salvation Army) t: 0207 243 2942 info@kalayaan.org.uk (Kalayaan)
National Debt-Line Advice regarding debt issues.	https://nationaldebtline.org/ t: 0808 808 4000
Pregnant Then Screwed Advice on pregnancy-related employment issues	https://pregnantthenscrewed.com/ t: 0161 2229879
Protect (formerly Public Concern at Work) Whistleblowing charity	https://protect-advice.org.uk/ t: 020 3117 2520
Rights of Women Legal advice to women experiencing sexual harassment in work.	http://rightsofwomen.org.uk t: 0207 490 0152
Support Through Court Support and guidance before, during, and after court.	https://www.supportthroughcourt.org/contact-us/
Working Families For issues around childcare and family rights in the workplace.	www.workingfamilies.org.uk t: 0300 012 0312

Other Possibilities

Employment Tribunal Litigant Support Scheme (ELIPS) https://www.elaweb.org.uk/content/employment-tribunal-litigant-person-support-scheme-elips	One-off free advice from employment lawyers run by the Employment Lawyers Association, in some areas. Please check whether the scheme is available in your area.
Insurance	If you have household, car or other insurance cover, it may be that you are paying for legal expenses insurance, which can cover an employment tribunal case.
Trade Unions	If you are a member of a trade union, they may be able to help you.