

Civil Harassment Restraining Orders

Who Can Ask for it?	Elements/ Definitions	Burden of proof	Duration	Authorizing Statutes	How to Obtain in Contra Costa County
Anyone, including neighbors or other unrelated persons	The moving party must prove: (1) an ongoing “course of conduct” which involves following, stalking, or harassment (in person, by phone, or email), (2) a credible threat of violence which would cause apprehension in a reasonable person, and, (3) that said conduct actually caused the person seeking protection to suffer substantial emotional distress.	Clear and convincing evidence	Up to 5 years; may be renewed for 5 additional years.	CCP § 527.6	Wakefield Taylor Courthouse, Dept. 57, Room 102 725 Court St., Martinez Mon – Fri between 9 am and 10:30 am