GUIDE ME: I’m having problems with my neighbors.

**Below is a list of options for you to read. Depending on your situation, one or more of these options may be of assistance.**

## **Option 1. Talk to your neighbor:**

If you feel safe, talk to your neighbor about the problem. Simply speaking to your neighbor may help. Sometimes neighbors do not have any idea they are bothering you.

## **Option 2. Ask your landlord for help in writing:**

If you and your neighbor have the same landlord, you can ask your landlord for help. Under the law, your landlord has a duty to protect you from unreasonable disturbances (the law calls this the right to “Quiet Enjoyment”).

When making a complaint with your landlord:

1. Explain the problem in writing.
2. Include the dates and times your neighbor made it impossible for you to feel at home.
3. Describe your neighbor’s actions.
4. Tell your landlord you need them to do something about the problem.
5. Remind your landlord that if they do not take care of the problem, they could be “in breach of your right to Quiet Enjoyment” and this is breaking the law.
6. Keep copies of everything you send your landlord.

## **Option 3. Has your neighbor committed a crime? Call the police:**

Calling the police creates a record which can later be very useful to you or your landlord if this disturbance somehow becomes part of a court case like an eviction or restraining order.

If your neighbor has robbed you or attacked you, report the crime to the police immediately.

Some conduct is less obviously a crime. For example, making too much noise can also be a crime. Some cities and towns have local laws, called ordinances, that outlaw certain levels or types of noise at different times of the day. The police can enforce these local laws too.

**Option 4. Go to Court:**

If your landlord refuses to take action to stop the disturbances after you have complained, you might be able to get an order from a court telling your landlord to do something to stop the disturbance.

If your neighbor’s conduct is really bad, you might be able to get a restraining order against them. You can get a restraining order from your local Housing Court. Most courts have forms that you can fill out.

*The suggestions provided above are not legal advice and are provided as information only.*

*Whenever you have a legal problem, it is always best to talk to a lawyer who can give you advice that is uniquely tailored to your situation. The Massachusetts Legal Resource Finder can help you find lawyers and other legal help resources in your area.*