



Anita Mehta

Year of Call: 2002

‘Anita is a powerful advocate. She is incredibly hard working and on top of all of the detail.’

Legal 500, 2026

‘Anita Mehta is really great – she’s clever and argues well.’

Chambers and Partners, 2023



Practice Areas

Financial Remedies
Private Children Law

Non-Court Dispute Resolution

Private FDR

Direct Access

Education & Qualification

- Bristol University – Postgraduate Certificate in Pensions Law
- Bar Vocational Course, Inns of Court School of Law
- University of West England in Bristol – Law LLB (Hons)

Appointments

- Deputy District Judge (South-Eastern circuit)
- Member of Resolution’s National Committee for Pensions, Tax and Financial Remedy
- Reviewer for the Bar Pro Bono Unit
- Co-host of Resolution’s award winning podcast: <https://resolution.org.uk/podcast/>

Overview

Anita has a busy practice encompassing complex financial remedy and complex private law children disputes.

Anita's expertise lies in managing complicated family breakdowns from start to a favourably solution. Clients often appreciate being able to instruct Anita in both aspects of their proceedings.

Anita is regularly instructed in appeals. She often appears against Leading Counsel.

Anita is an experienced private FDR evaluator, who goes the extra mile to assist parties reach agreement.

Anita is the co-host of the Resolution podcast 'Talking Family Law' – <https://resolution.org.uk/podcast/>. The podcast was awarded 'Commentator of the Year' at the Family Law Awards in 2024.

Anita sits as a Deputy District Judge in the South-East and is ticketed to hear all types of Family Law.

Professional Memberships

Family Law Bar Association
Honourable Society of Lincoln's Inn
Resolution

Private Children Law

Anita's specialism is in cases that serious allegations of coercive control and require fact-finding hearings, or require advice on appeal.

When instructed at first instance, Anita works with her clients from the outset to give realistic advice, and also to ensure safe decisions are made.

Finance

Anita is a well-regarded senior junior undertaking often appearing in complicated cases involving HNW individuals. Anita's cases often involve companies, assets held overseas, and trusts.

Anita has a special interest in applications pursuant to Schedule 1 of the Children Act 1989.

Anita is regularly instructed to appear in cases involving allegations of non-disclosure, or parties trying to evade and frustrate the Court process.

Non-court dispute resolution

Anita is also instructed to conduct private FDRs, where she always goes the extra mile to see if she can help the parties reach a settlement.

Anita is a trained Resolution mediator. Although she is not offering mediation presently, she continues to bring that skill set to help other clients.

Publications/Training

Anita regularly lectures, including to the Judicial College, and writes updates on conduct pursuant to s25(g) and domestic abuse in financial remedy.

Anita was the co-chair of the Resolution's working party into Domestic Abuse in Financial Remedy. The report can be found at:

https://resolution.org.uk/wp-content/uploads/2024/10/Resolution_DAFRP_Report_ONLINE.pdf

This work was referenced by both by the Law Commission's scoping report and the Fair Shares report into Domestic Abuse (2024).

Anita spoke at the Class Legal Webinar in January 2025:

<https://classlegal.com/blogs/webinars/watch-conduct-in-financial-remedy-proceedings>

Recent blogs for the Financial Remedy Journal include:

Bad Behaviour and Broken Bonds: A Comparison of Conduct in 1973 and 1975 Act Claims

Principles vs Resources; Conduct and the Law Commission Scoping Report

<https://financialremediesjournal.com/principles-vs-resources-conduct-and-the-law-commission-scoping-report/>

[N v J: the Last Word on Domestic Abuse as Conduct?](#)

Directories

Anita is a formidable advocate in court, calm, precise and persuasive, and always thoroughly prepared and able to present complex financial arguments with clarity and confidence. Her advocacy is focused and incisive, she always conducts herself with professionalism and respect, which is recognised by the judges.'

Legal 500, 2025 Divorce and Financial Remedy

'Anita is a powerful advocate. She is incredibly hard working and on top of all the detail'

Legal 500, 2025 Children and Domestic Abuse

"Anita Mehta is really great – she's clever and argues well."

Chambers and Partners, 2023

"She prepares to the nth degree for cases."

Chambers and Partners, 2022

Specialises in private family law, concentrating on financial remedy matters that often include complicated company, pensions and international aspects. She also has a particular expertise in Schedule 1 Children Act applications and maintenance cases.

Strengths: "She's a very tough advocate and a very tough negotiator, and she's really good with people." "She has a really incisive mind, she's very clear and has a great, broad base of knowledge – you can always trust her to make the right decisions."

Chambers & Partners 2020

Band 1

"Robust and always realistic in her approach." "She is solution-focused. Judges like her and clients listen to her"

Chambers & Partners 2019

"She remains punchy and determined in her advocacy. Clients feel listened to and supported by her. They know she has heard them and represented their interests"

Chambers & Partners 2018

"An indomitable advocate"

Legal 500 2018

"She's a very energetic, resourceful and enthusiastic advocate in financial provision."

"She has a good eye for detail and takes a very pragmatic approach, which clients appreciate."

Chambers and Partners, 2017

'She provides excellent advocacy skills and rapport with clients'.

Legal 500, 2016

"She picks up the vibes and adjusts her attitude correctly; she can be reassuring or tough-talking. Clients have been always impressed."

"She has a very good manner with clients and is particularly effective at FDR hearings, settlement meetings and other negotiations."

Chambers and Partners, 2016

‘Approaches matters with intelligence and imagination.’

Legal 500, 2015

Recognised for her work on both the children and financial aspects of family law. “She’s extremely enthusiastic and works well with clients and solicitors. She’s gutsy and will stand up for herself if necessary.” “Anita is an incredibly strong and tenacious advocate.”

Chambers and Partners 2015

‘She has a sharp mind and a good manner.’

Legal 500, 2014

Highly regarded for her practice in family law, and in particular for her dedication and client care. “Anita is a good negotiator and advocate. She deals with children cases in a sensible way, never losing sight of the best interests of the child.” “She is a more junior member of chambers but is tenacious and dedicated.”

Chambers and Partners 2014

Anita Mehta ‘gets to grips with issues with unparalleled speed’

Legal 500, 2013