



Let us help

The Saskatchewan Juror Assistance and Support Program provides you with **immediate** and **confidential** support to help you cope with the emotional impact of jury duty. Let us help.

saskatchewan.ca/jurorsupport



Understanding your Saskatchewan Juror Assistance and Support Program

Jury duty is rewarding, but it can also be stressful. As a juror, you may have been exposed to unsettling images and uncomfortable situations that may impact you and your emotional well-being.

The Saskatchewan Juror Assistance and Support Program connects you to a professional counsellor. While details of the jury deliberation cannot be discussed with your counsellor, you can express your thoughts and feelings, receive advice and learn ways to cope.

How it works

The Saskatchewan Juror Assistance and Support Program is available 24/7 to any juror who has served on a criminal or civil trial or Coroner's inquest by calling toll-free **1.866.294.5035** / TTY: 1.877.338.0275

Key program benefits:

- Confidential and easy to use
- Available upon completion of your jury duty
- There are no out-of-pocket costs for you
- Counselling is available in English and French
- Disability accommodations available upon request

The impact of jury duty

Being a juror can be a difficult experience. You may find yourself reliving the case even weeks after the trial or inquest. These symptoms are normal for anyone who experiences difficult testimony or disturbing evidence. Some stress responses you may experience are:

Physical signs:

- Headaches • Upset stomach • Muscle tension
- Unusual sweating • Tiredness • Difficulty sleeping

- Sadness • Anxiety • Anger • Grief • Flashbacks
- Regret • Loneliness • Desire to be alone
- Trouble concentrating

How to cope

- Take it easy: get rest, eat well, and stay hydrated
- Exercise: go for a walk or take a gym class
- Talk, talk, talk (within the limits of the trial's or inquest's rules)
- Seek support: take advantage of the Saskatchewan Juror Assistance and Support Program, call 24/7 at **1.866.294.5035** / TTY: 1.877.338.0275

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A difficult court case has concluded...



How do I cope?

Let your Saskatchewan Juror Assistance and Support Program help

A legal court case involving a very difficult and tragic situation is extremely traumatizing for any person who was involved, either as a victim or as member of the jury. While coping with the case itself can be extremely challenging, dealing with the residual effects can be longer lasting if not handled effectively. Getting “back to normal” is no easy feat, but the Saskatchewan Juror Assistance and Support Program can play a critical role in your physical and emotional recovery. The program provides you with immediate and confidential professional counselling, dedicated to supporting you through the issues that may be impacting your life after this court experience. You can receive support either over the telephone or in person, based on your personal preference.

Is the service confidential?

Yes. The Saskatchewan Juror Assistance and Support Program is completely confidential within the limits of the law. No one, including the Government of Saskatchewan, will ever know that you have used the service unless you choose to tell them.

How much will it cost?

Four sessions have been extended to you by the Government of Saskatchewan, at no cost to you. If you need more specialized or longer- term support, your counsellor will help you select an appropriate specialist or service that can provide assistance. While fees for these additional services are your responsibility, some may be covered by your provincial or organizational health plan. Though the process of healing after a traumatic experience can sometimes be as intense or frightening as the traumatic event itself, with time and support, most people are able to get back on track and lead healthy lives.

To access your **Juror Assistance and Support Program**, call toll-free **1.866.294.5035**, the Shepell Employee and Family Assistance program number, and **identify yourself as a Juror**. Our professional counsellors are available to assist you 24/7/365.



The impact of a court case

A legal court case involving a very difficult and tragic situation is extremely traumatizing for any individuals who were involved, whether it be a victim or a member of the jury. The process may have caused feelings of shock, stress, and tension for the individuals involved in the incidents that have led up to a legal investigation process and court case. Media attention, including social media and public commentary profiling the person, the incident itself, and the nature of the event can all serve to magnify these feelings.

Critical incident stress reactions are normal and expected when are involved in a tragic and frightening event. This is also true when we are requested to review information or testimony involving graphic, upsetting or disturbing details. These reactions can range from mild to intense, depending on the individual.

These stress responses are usually temporary and will often subside in three to six weeks. In the meantime, these reactions can make you feel uncomfortable, impact your concentration and disrupt your sleep patterns. A court case or an inquest can last days, weeks or months. Due to this timeline, the reactions that you experience can be more present at different points of the process.

It is important to externalize the feelings, as talking to someone (within the limits of the court rules) can be the best remedy. Keeping these reactions to yourself may only serve to temporarily bury the feelings, which may resurface when you least expect it.

The following information may help you recognize the symptoms described above in order to minimize the chance of any negative, long-lasting effects from being on a jury panel.

Facts about critical incident stress reactions

The majority of people who are involved in a critical incident develop a stress response; you are not alone. Individual reactions will vary according to life experience and our current personal situation. Stress responses can start at the beginning of the court case, or may begin hours, days, or even weeks after the case has concluded – there is no standard timeline. Reactions can vary depending on the severity, duration, suddenness and peoples' individual ability to find meaning in the event.



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Common reactions to a traumatic event

As a juror, you may have been required to review graphic information or listen to disturbing testimony that may impact you regardless of the outcome of the case. Your reaction to this process is a normal response. **Second-guessing is part of a normal reaction to recounting facts and information that are upsetting or disturbing.**

You may find that you question your own response to the situation even after the case has concluded. It is important to remember that when it comes to stress responses, hindsight is not a good perspective. Stress responses you can expect may include:

Physical:

- Profuse sweating/night sweats
- Upset stomach
- Nightmares
- Overall sense of fatigue
- Headaches
- Muscle tension
- Disruption in normal sexual functioning

Cognitive:

- Problems concentrating
- Difficulty making decisions
- Poor attention span
- Flashbacks to the case details
- Short term memory problems (forgetting where you put your keys, etc.)

Emotional:

- Sadness
- Irritability/
- Anger
- Guilt
- Grief
- Regret (i.e. "if only")
- Fear of repetition of the event
- Anxiety
- Feeling disconnected from family and friends
- Emotionally numb
- Feeling alone or wanting to be alone
- Losing interest and/or having difficulty participating in activities that you usually enjoy

How do I deal with these responses?

- Get rest
- Talk, talk, talk
- Seek out support—personal and professional
- Eat well and stay hydrated
- Monitor use of alcohol and caffeine for any changes or increase in usage
- Keep a normal schedule
- Exercise or go for a walk – physical activity may help
- If you wake up in the middle of the night: have a drink of water, read a little if you can't get back to sleep and remember to take deep breaths
- If you have a flashback: breath in deeply through your nose and out through your mouth up to the count of ten and then take notice of your current environment

How do I access the program?

To access your Saskatchewan Juror Assistance and Support Program, call toll-free 1.866.294.5035, the Shepell Employee and Family Assistance Program number, and identify yourself as a Juror. Our professional counsellors are available to assist you 24/7/365/.

The medical information provided is of a general nature and should not substitute the advice of a medical professional. If you feel you are experiencing a medical emergency, contact a medical professional immediately.



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