

## Juror support program



**BC's Juror Support Program is a free counselling service available 24/7 to any juror upon completion of their jury duty.**

Counselling is available to assist jurors who experience health issues related to their service as a juror.

The program is available to any juror who has served on a criminal or civil trial, or coroner's inquest.

### Program benefits include:

- **Confidential and easy to access counselling**
- **Four free one-hour sessions with a qualified and experienced counsellor**
- **Your choice of in-person, telephone or video counselling**



## More information



If you have questions about the program or would like to book an appointment with a counsellor,

**call 1-855-717-7691 toll-free.**

To learn more about juries in British Columbia, visit:

**[www.gov.bc.ca/servingonajury](http://www.gov.bc.ca/servingonajury)**



## Supporting BC's Jurors



# What is a jury & what do they do?



A jury consists of a group of randomly selected citizens sworn to give a verdict or make recommendations in a court case.

Your role as a juror is important because your unbiased opinion is critical to the fairness of the proceedings.

You do not need to know anything about the law to serve on a jury. The judge/presiding coroner will explain the law and any legal terms used to help you fairly consider the matter being heard in court.

More information about jury duty can be found at: <https://www2.gov.bc.ca/gov/content/justice/courthouse-services/jury-duty>

# Possible impacts of jury duty



As a juror, not only will you will learn firsthand how Canada's judicial system works, you will become a fundamental part of that system.

Jury duty is a vital, rewarding and meaningful public service. Occasionally, jury duty can also be stressful and difficult. Jurors are sometimes required to hear information and testimony that can be disturbing. Not all jurors are affected by this experience in the same way. Individual stress responses can vary according to life experience and are usually temporary. As a result of your service on a jury, you might experience the following stress responses:

Physical	Mental	Emotional
Profuse sweating/night sweats	Problems concentrating	Sadness
Upset stomach	Difficulty making decisions	Anger
Overall sense of fatigue	Poor attention span	Anxiety
Headaches	Flashbacks to the case details	Feeling disconnected from family and friends
Muscle tension	Short term memory problems	Losing interest in activities that you usually enjoy

# Juror self-care tips



- **Get rest;**
- **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; and
- **If you have a flashback** to something you saw/ heard while on the jury: breathe in deeply through your nose and out through your mouth up to the count of 10 and then take notice of your current environment.
- **At the conclusion of the trial,** access free juror counselling by contacting the Juror Support Program intake office at 1-855-717-7691.

