

Now the trial is over...

You are probably feeling relieved now the trial is over!

Thank you for the role you played and your diligence in the task. This has been your chance to contribute to the administration of justice in Queensland.

Most jurors walk away from court feeling a sense of achievement. However, it is also common to feel a little detached or confused after facing the intensity of the courtroom and being confined to a jury room with a group of strangers. You may also feel drained by the high level of concentration that was required.

It's all to be expected.

Moving on...

When discharged from the trial, you may feel:

- anxious for the victim or the accused and their families
- concerned about the verdict and the impact of that verdict
- curious about the sentencing or appeal process
- frustrated or confused by the legal process
- restless, having replayed the events over and over and perhaps questioned your decision
- upset by memories of your own personal experiences that have been triggered
- distressed by the dynamics in the jury room.

These feelings are a natural response to a different and challenging situation, and they generally pass in a couple of days.

Remember, you won't necessarily experience any adverse reactions to your time on jury service. For some, it is simply 'business as usual'.

When to ask for help...

If you have any of the following problems and they persist, don't just tough it out, seek help:

- difficulty sleeping (e.g. early waking, broken sleep)
- physical complaints (e.g. stomach aches, nausea, headaches)
- emotional distress (e.g. feeling guilty, angry, teary, anxious)
- social distress (e.g. wanting to withdraw, feeling of panic or fear)
- sexual difficulties
- constantly thinking about the jury experience or outcome of the trial.

Although these reactions may be distressing, they are normal reactions to a difficult event.

If you are upset about what you've seen at the trial, and you haven't completed your jury service, you should ask the sheriff or registrar to excuse you from further attendance.

However, if you do experience ongoing distress or are concerned about how you are feeling, the Juror Support Program can help you.

