

26th Judicial District of North Carolina

Juror Support Program



Signs of Stress

The following symptoms are common reactions to stress:

Physical

- Tension/muscle pain
- Sleeplessness
- Headache
- Constipation or diarrhea
- Upset stomach
- Sudden sweating and/or heart palpitations
- Sexual problems
- Dizziness

Behavioral

- Difficulty connecting with friends/family
- Change in eating habits
- Unexplained crying
- Problems concentrating
- Restlessness/agitation/temper
- Using alcohol as stress relief

Mental/Emotional

- Shock
- Fatigue
- Numbness
- Anger or irritability
- Disturbing images
- Fearfulness or anxiety
- Nightmares
- Forgetfulness
- Guilt

Source: Texas District & County Attorneys Association,
<https://www.tdcaa.com/journal/leaving-the-jury-box-with-a-heavy-burden/>

After any traumatic experience, it's normal for a person to go through a wide range of responses. It's important to note that traumatic stress reactions may be experienced not only by people who experienced the trauma first-hand, but by those who have witnessed or heard about the trauma or been involved with those immediately affected. As such, certain physical, psychological and emotional symptoms (see "Signs of Stress") can occur in response to the stress of serving on a jury. These reactions can be triggered by persons, places, things or experiences that remind the juror of images or testimony that he or she may have been exposed to during the trial. Some reactions may appear totally unrelated. If you notice any of these reactions in yourself over the next few days, the best response is self-care. Be intentional about trying some of the listed coping strategies. If symptoms persist beyond a month, consider seeking professional counseling support.

Coping Strategies

Which of the following could you do over the next few days?

- Do a self-check, become aware of how you are being affected
- Spend time with loved ones
- Carve out alone time
- Exercise, or walk, ride a bike, swim
- Plan meals, make healthy choices
- Get extra rest
- Talk with a trusted someone
- Pray or meditate
- Write down your thoughts and feelings
- Meet with your spiritual leader
- Talk to a counselor
- Spend time in nature
- Use art as an outlet
- Listen to music that moves you

RESOURCES

Emergencies

Call 911 for immediate assistance.

Atrium Health Behavioral Health Charlotte

24 hour Call Center: **704-444-2400** or **1-800-418-2065**

- Confidential telephone consultations
- Coordination of admission and treatment option referrals

Alliance Health

24 hour, toll-free number at: **1-800-939-5911**

- Telephone assessments and enrollment
- Information on community resources
- Crisis intervention
- Referral for services

[Alliance Health manages Medicaid and state funding for mental health, intellectual and developmental disability and substance use/addiction services in Mecklenburg County.]

Monarch

1 (866) 272-7826, Toll Free (800) 230-7525 or (704) 525-3255

5700 Executive Center Drive, Suite 110 Charlotte, NC 28212

A non-profit behavioral health service provider, Outpatient & Open Access clinic.

If you are having thoughts of harming yourself or others, are in crisis, or require immediate attention, please call 911 or go to the nearest emergency room. All referrals are provided as a resource to the Juror Support Program (JSP) participant.

Providers to whom you are referred are independent of and unaffiliated with the JSP. The JSP does not endorse providers, their clinical competence or qualifications. The JSP only provides referral options based on the provider's reported areas of expertise or skill. It is your responsibility to determine whether the provider to whom you are referred is a good match for you. The JSP can make no claims concerning the expected outcome or success of any therapy you may enter into and likewise is not responsible for the actions of any referred providers. We do welcome your feedback about your experience with any referred provider. Thank you.

Following the trial most jurors are relieved to return to their workplace or home after their time on the jury.

For a small number of jurors, though, this may be more challenging than expected. There may be various reasons why jurors feel confused or upset after a trial.

It may be an indication that you need additional support following your role as juror if your ability to function in any area(s) of your life is being affected by one or more of the following:

1. Persistent symptoms of stress.
2. Persistent overwhelming feelings of vulnerability.
3. A sense of difficulty trusting.
4. A changed view of the world with lingering or overwhelming feelings of pessimism, cynicism, anger, hopelessness or injustice about the world.

This Juror Support Program brochure is designed to provide you with some helpful information, resources and contact information for program partners should the need arise.

The Juror Support Program Offers:

- Juror debriefs (for identified cases) at the completion of service.
- The opportunity to speak with a licensed mental health professional through the Mecklenburg County Health Department, who will provide support, resource information and follow-up.
- If counseling services are recommended, referral options for providers within the juror's health plan or to community resources will be provided.



Contact Information:

**If you have any follow up questions or find you need additional support or resources, please contact either the:
26th Judicial District of North Carolina Jury Services Manager at 877-649-7133**

OR

Mecklenburg County Health Department Trauma and Justice Partnerships Trauma & Justice Clinician at 704-534-3238

In collaboration with:

Mecklenburg County Health Department, Trauma and Justice Partnerships (TJP)

