

# A rewarding responsibility

You have just completed Jury Service and in doing so, you have played a central role in the administration of our justice system.

As a juror, you were given the opportunity to represent your community and to bring community standards and values to the administration of justice in this State.

## After Jury Service

Now you have completed your Jury Service, you are probably feeling relieved to get back to your workplace, home or routine.

Most jurors leave Court with a feeling of achievement.

However, it is also common to feel a bit detached or confused after the intensity of the Courtroom experience and the concentration it required of you. It can also feel unusual returning to your daily activities after being confined with a group of strangers and removed from your usual routine.

You won't necessarily experience any adverse reactions or feelings once you complete Jury Service. Some people feel it is 'business as usual' while others may feel distressed, which is a normal reaction to a difficult situation.

**If you do experience distress or have questions about your reactions, the Juror Support Program may assist you.**

## Varying responses to Jury Service

When discharged from a trial, you may feel:

- anxious for the victim or the accused and their families
- concern about a verdict and the impact of that verdict
- curious as to the sentencing or appeal process
- frustrated or confused by the legal process
- like replaying events and questioning your decision
- that memories of personal experiences have been triggered
- upset about the dynamics of the jury room.

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

However, if you do experience distress or have questions about your reactions, the Juror Support Program may assist you.

## Finding out about the sentence

If the jury finds a person guilty, the Judge will decide what sentence should be imposed. The sentence hearing will probably not occur immediately after the verdict is given. Most judgements are listed on the "Caselaw" website:

[www.caselaw.nsw.gov.au](http://www.caselaw.nsw.gov.au)

Or you can call 1300 722 574 to enquire about the sentence imposed by the Court.

## Access to services

If you were empanelled on a NSW jury and have subsequently been discharged, you are entitled to access up to three counselling and 'debriefing' sessions. To access this service, you must have finished serving on the trial.



## Varying responses to Jury Service

The Juror Support Program employs the services of Optum, which has more than 25 years experience in counselling. Optum offers trauma and critical incident stress debriefing services, employee assistance and training, which conform with Australian and international quality standards.

All Optum counsellors are qualified psychologists. By contacting Optum you will be referred to a psychologist convenient to you.

When you make an appointment, you will be asked to provide your name and the Courthouse you attended for Jury Service.

This information is for administrative reasons only - no personal records will be revealed to the Office of the Sheriff of NSW and will remain strictly confidential.

## Free juror counselling sessions

- Up to three counselling sessions are free. In exceptional circumstances further sessions may be approved.
- Telephone counselling is available 24 hours a day, seven days a week.
- Face-to-face counselling is available.
- Counselling services are confidential.



# Juror Support Program counselling service

Optum  
Phone 1300 366 789  
After Hours 1800 451 138

For more information about the support program or about Jury Service contact the Jury Information Line: 1300 722 574 and ask for the jury administration team.

**Alternative formats**  
This information can be provided in alternative formats such as Braille, audiotape, large print or computer disk.

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[juror.nsw.gov.au](http://juror.nsw.gov.au)

# JUROR

# Observe Listen Decide

**Juror Support Program**  
A professional counselling service is available for people who may need support after serving on a jury



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