



Professional counselling after the trial

The Court Services Branch has partnered with the Government of Yukon Employee and Family Assistance Program (EFAP) to offer individual counselling sessions

to jurors following a trial. These sessions help you deal with your reactions to the material presented in court. Jurors do not have to be government employees to access this service.

Each juror can access up to four free sessions. It is your choice whether or not to take part in counselling under this program. The EFAP provider will not report who uses the service or what is discussed, other than as required by law. For those jurors who are Government of Yukon employees, sessions under this program do not count against the sessions available to you as part of your employee benefit package.

Jurors can access the Juror Support Program by calling 867-668-3327 to set up an appointment for counselling related to your jury service. Jurors can arrange for counselling on other topics by contacting a counselling service of their choice on their own.

Thank you

Participating on a jury is an important public service. We thank you for your time and attention.



Information for jurors

Dealing with common reactions to an uncommon experience

If you have any questions about your jury service (for example, about payments to jurors), please contact:



Court Services

phone: 867-667-5365

fax: 867-393-6212

email: courtservices@yukon.ca

in person/by mail:

2134 2nd Avenue

Whitehorse, Yukon Y1A 5H6



**Yukon**



Jury duty can be stressful. Everyone reacts differently, but it is very common for people to experience stress reactions such as those listed here.

These reactions may start during the trial or after it. They may last a few days or longer. There is no standard timeline for stress reactions, but they usually fade more quickly with support from family and friends.

Sometimes jurors may need the assistance of a professional counsellor – this is perfectly normal. This brochure provides information about a counselling service that can help jurors process their reactions to the trial.

You may need expert support if:

- You have trouble functioning normally after a period of time.
- You feel overwhelmed or out of control.
- You are not taking care of yourself.
- Your reactions are increasing, not decreasing.

Possible reactions include:

Physical

- Inability to sleep / nightmares
- Lack of appetite / desire to overeat
- Lack of energy
- Headaches / stomach aches
- Excessive sweating
- Muscle tension

Mental

- Difficulty concentrating
- Short attention span
- Short-term memory loss
- Difficulty making decisions
- Flashbacks to the details of the case

Emotional

- Anxiety
- Depression
- Grief
- Anger
- Irritability
- Uncertainty
- Fear
- Need for recognition of your experience

Behavioural

- Social isolation / avoidance of activities
- Change in activity level
- Increased use of alcohol or other drugs
- Emotional outbursts
- Being easily startled
- Being hyper-alert to your environment

Things that may help:

- Eat healthy food
- Monitor your intake of alcohol and caffeine
- Get some exercise
- Spend time with people
- Share your reactions with family and/or friends
- Do things you enjoy
- Keep to a normal schedule
- Give yourself permission and time to heal



How to help as a family member or friend:

- Spend time with the person experiencing stress.
- Listen to them and validate their feelings.
- Do not take their reactions personally.
- Offer assistance and support.
- Do not let your fear of “making it worse” keep you from offering to listen or help. If they want to talk, they will; if they do not, they will not. Either way, they will know that you care about them.

If you experience these types of reactions during the trial, please bring this to the attention of the jury guard, who will inform the trial judge.