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Living with the evidence

Advice to jurors who are distressed by evidence

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evidence

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**WITH SAMARITANS**

## **While you are on jury service**

During a trial, you may hear or see evidence which upsets you. You may find this difficult to deal with and want to speak to someone about your feelings.

### **During a trial**

The judge will explain that during the trial you should discuss the evidence with the other jurors sitting on that trial, **but with no one else** including other people on jury service. If you have concerns about anything during your jury service, you should tell a member of the court staff or the judge. This includes being upset by any of the evidence.

### **After you have completed your jury service**

If you are upset by any of the evidence, you may like to talk to someone in confidence about it. Apart from people such as your GP, you may find it helpful to talk to people experienced in giving confidential emotional support such as **Samaritans**.

Please remember that once you have completed your jury service, the rules about disclosing your discussions with other jurors continue to apply.

### **Samaritans and jurors**

Her Majesty's Courts Service and Samaritans have discussed the particular needs which jurors may have after hearing distressing evidence in trials. Both are aware that following a distressing trial it may be some time before a juror feels the need to talk.

Samaritans are available to help jurors explore difficult feelings in a confidential environment. They are aware of the possibility that a juror may telephone needing support and welcome the call.

If you have painful or upsetting feelings which you feel the need to share, Samaritans are always available to listen. You do not need to give your name and you will be ringing in total confidence.

## **About Samaritans**

Samaritans is a registered charity, founded in 1953. It offers confidential emotional support to anyone in distress in the United Kingdom and the Republic of Ireland.

Last year, Samaritans received 4.6 million contacts by telephone, email, letter and face to face meetings. The service is delivered by about 17,000 trained volunteers from all walks of life.

Samaritans believes that offering people the opportunity to be listened to, in confidence, can help reduce stress. The service offers everyone, regardless of background, the time and space to work through their problems.

Samaritans does not judge nor give advice. It allows people to work out their own way forward, and it will acknowledge and respect the feelings of those people.

The support is available 24 hours a day by phone or email. There are many branches, and some branches are open to visitors between 10.00am and 10.00pm.

**Contact details** for Samaritans are on page 4.

## **If you would like to contact Samaritans**

■ **Phone** (at any time of the day): 08457 90 90 90

■ **Email**: jo@samaritans.org

■ **Write to:** Chris  
PO BOX 90 90  
Stirling  
FK8 2SA

■ **Contact your local branch of Samaritans:**

You may, of course, obtain the branch address and telephone number from the local library, Citizens Advice Bureau or a telephone directory (look for *Charitable organisations*).

Or you may obtain the branch details from:

Samaritans website ([www.samaritans.org](http://www.samaritans.org))

**or** the court's jury team. The team has a list of local branches in the area and will be pleased to help you, in private, find the details of the branch that is most convenient for you.