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MENTAL HEALTH RESOURCES:

MANITOWOC CRISIS LINE 988

NATIONAL HELPLINE CALL 800-602-4357
TEXT 435748

UPLIFT WISCONSIN (NON-CRISIS LINE)
534-202-5438

HUMAN SERVICES 920-683-4230

NAMI 920-320-7606

MENTAL HEALTH AMERICA (LAKESHORE)
920-458-3951

INCOURAGE SEXUAL ASSAULT CRISIS LINE
920-684-5770

Taking care of yourself helps you continue caring for others as you participate in the justice process.

This resource was created to support the well-being of individuals participating in the court process by providing information about common stress reactions, self-care strategies and available support resources.

After Difficult Court Proceedings:

Understanding Common Reactions & Finding Support



Whether you are a juror, potential juror, witness, family member or court professional, court proceedings can sometimes have a lasting emotional impact.

This brochure explains common reactions, offers practical self care strategies, and provides resources if you would like additional support.

WHY AM I FEELING THIS WAY?

Difficult court proceedings can affect people in many different ways. You may be affected because you:

Heard emotionally difficult testimony

Viewed disturbing evidence

Were asked questions during jury selection that reminded you of your own experiences

Shared personal information

Worked on a difficult case over several days or weeks

Are repeatedly exposed to difficult cases as a part of your job.

Again, everyone experiences court proceedings differently.

You may have no lasting reactions, or you may notice temporary changes in how you think, feel or respond.

Both are common and understandable.

COMMON REACTIONS

BODY:

- **Fatigue**
- **Trouble sleeping**
- **Headaches**
- **Muscle tension**
- **Upset stomach**

THOUGHTS:

- **Difficulty concentrating**
- **Intrusive memories**
- **Feeling distracted**
- **Trouble making decisions**

EMOTIONS:

- **Sadness**
- **Anxiety**
- **Irritability**
- **Feeling overwhelmed**
- **Emotional numbness**

BEHAVIOR:

- **Withdrawing from others**
- **Changes in appetite**
- **Increased conflict**
- **Avoiding reminders**
- **Using alcohol or other substances to cope**



WHAT CAN HELP?

- Talk with someone you trust
- Keep your normal routines as much as possible
- Get enough sleep, eat regularly and stay hydrated
- Move your body – even a short walk can help
- Spend time with supportive people
- Limit repeated exposure to distressing news or social media
- Give yourself permission to take a break when you need one
- Seek professional support if reactions are intense, last several weeks or interfere with daily life