



Thank you for serving your community.

Being on a jury is important, but it may also be stressful. You can learn more about how to manage these feelings and find helpful resources by scanning the QR code on the reverse side of this handout or going to **courts.ca.gov/courts/jury-service/juror-mental-health-and-wellness**.

Juror Mental Health and Wellness



You can find more information
online by scanning the QR code.