



Free, Confidential Support for Jurors

For up to **three months**
after jury service, jurors may access
free, confidential support through
Canopy.

There is **no charge to jurors** for any of
the services described in this brochure.

**Canopy is an independent counseling
service**, separate from the courts
and the judicial process. Information
shared with **Canopy** is private and not
reported to the court.

Using this support is completely
voluntary.

Your wellbeing matters.

Jury service can involve
exposure to difficult stories,
images, or **decisions**. People
respond in different ways --
sometimes during service,
sometimes days or weeks
later.

There is no “**right**” way
to feel after jury duty. If
something stays with you,
support is available.

Your voice matters.

Scan the QR code
to share your
feedback on this
resource and your
overall jury service
experience.



State of Oregon Support After Jury Service

Confidential, no-cost
emotional support for jurors
after court service

Services Available at No Cost

24/7 Phone Consultation:

- Speak directly with a mental health professional
- Available any time, day or night
- Up to one hour per call

Short-Term Counseling

- Referral to a counselor if additional support feels helpful
- Up to three counseling visits
- In-person or virtual options

When to Reach Out

You do not need to be in crisis to call.

Jurors often reach out when experiencing:

- Stress, worry, or emotional heaviness that lingers
- Trouble sleeping, focusing, or relaxing
- Reactions connected to testimony or case materials
- A desire to talk with a neutral, professional counselor



Your
voice
matters.

Scan the QR code to share
your feedback on this
resource and your overall
jury service experience.

Free, Confidential Support for Jurors

For up **to three months after jury service**, jurors may access **free, confidential support** through **Canopy**.

There is **no charge to jurors** for any of the services described in this brochure.

Canopy is an **independent counseling service**, separate from the courts and the judicial process. Information shared with Canopy is private and not reported to the court.

Using this support is completely voluntary.

Canopy

Is an independent,
confidential
counseling service
supporting State of
Oregon jurors

Call anytime, Identify yourself
as an Oregon Juror:
800-433-2320