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.