



8. Meeting Arrestees on their Release

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For some people, police custody may have been fine, for others it might have been traumatic. You need to deal with whatever situation arises and provide appropriate support.

To many people, being arrested is a really big deal. They might be very excited or upset and want to talk about it. Bring your listening skills with you, and some nourishment!

Remember the the 7Fs for release from a police station:

- **Food** and **drink**, being conscious of dietary needs
- **Friendly** and empathetic to the needs and emotions of the arrestee
- **First aid** and mental health support
- **Fill** out the [Police Station Release](#) form with as much information as they are happy to give – preferably at least contact details so that the Legal Support Team can offer ongoing support.
- **Future** of the case – give them an [Arrestee Information Leaflet](#) and outline legal, practical and emotional support available
- **Finish** up by ensuring that the arrestee has money for transport and knows where they are going to stay
- **Phone** the Back Office / Support Line to let them know who has been released.

See **Appendix** for information on **First Aid and mental health support**.