



## 4. Supporting Friends after Release

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**One of the most valuable things you can do is to meet your friend from the police station. Keep in touch with us so we can continue to offer support.**

If you are able to, it is great to be able to meet your friend – and ideally other arrestees held at the same station – when they are released and help them get home. Please read our guide to [police station support](#).

Please let us know when your friend is out. If they are happy to share their details with us, we can provide more information and support with [what happens following arrest](#). You may be able to offer solidarity through helping with [defendants campaigns](#), and by offering [court support](#).

Being in custody can be a traumatising experience, and being there for someone in the aftermath of arrest, or awaiting court, can also be very stressful. You and your friend may want to look at our guide to [trauma and emotional support](#).