



## 10. Emotional Support

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Being arrested can be an intimidating and isolating experience. Remember you're not alone, and that emotions you may be feeling are a perfectly normal, and very human reaction.

There are lots of sources of [support and guidance](#) available.

Meeting and talking with other people facing the same pressures, and working together, can make everyone stronger. [Contact us](#) to find out if we are organising a defendants' meeting.