



# I've been Arrested! What Next?

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**NOTE: we are only able to help with arrests following protest or actions. For any other reason please contact a [solicitor](#) directly.**

**It might have been unexpected, or you might have gone in knowing that the only way out was in handcuffs. Either way, an arrest can be a worrying time and information can be hard to come by.**

You might have been:

- charged with an offence
- bailed to return to a police station
- released under investigation
- released without charge or bail
- released having accepted a caution

Your priorities now are to contact us, contact a solicitor, and write a statement of what happened. This guide runs you through those steps, and answers common questions on what happens next.

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