

To the attention of the direct and indirect victims and bereaved relatives of the Nice attack July 14, 2016

The trial of the Nice attack of July 14, 2016 begins on September 5, 2022, and should last almost four months. As a direct or indirect victim of the Nice attack, or as a bereaved relative, you are concerned by this event which will attract the attention of public opinion and the media. If you have chosen to become a civil party, you may attend some or all of the hearings and possibly testify. It is up to you to decide whether you wish to do so. During the trial, certain moments will be devoted to the accounts of the facts and the experience of the attacks. This may be painful or distressing. In particular, photos, recordings, testimonies of other victims or defendants' statements may trigger or reactivate anxiety, nightmares, flashes, or intrusive thoughts. Therefore, it is important to protect yourself and not to expose yourself to further suffering.

Some tips for keeping yourself and your loved ones mentally healthy

Keep in mind the judicial purpose of the trial

The purpose of a High Court's trial is to judge one or more defendants to determine whether they are guilty of the charges and to sentence them according to their guilt and the applicable legal rules. It can shed light on the motives, the responsibilities of the accused and the course of events. Even if the first objective of a trial is always judicial, it is also a critical step in the reconstruction process of a direct or indirect victim. Nevertheless, it is important to acknowledge that is not a care process in itself.

Preparing for the hearings

Your lawyer and the psychologists present throughout the trial can help you prepare for the hearings. This is especially important if you are going to testify. Depending on the situation, your lawyer will explain the different phases of the trial. He or she will explain what is at stake, what are the interests, but also the risks to which the various participants

are exposed. As for the psychologist, he or she will help you, if necessary, to think about the psychological implications of your testimony. These professionals are specialists fully capable of informing you beforehand of potential painful moments and preparing them with you. The President chooses whether or not to broadcast the images or sounds of the events. You can discuss the legal and psychological issues at stake with your lawyer and the psychologists. The verbal explanation of these sequences may be sufficient to understand the course of events. They very rarely provide new information. Moreover, it is important to know that exposure to images or sounds can reactivate the pain in a particularly intense way.

Allow yourself the right to take a break or even to stop attending the trial

It is important to listen to yourself and your emotions: it is a form of self-respect. There is no shame or guilt in feeling the need to take a



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break on certain court days or to go out at certain times. Do not hesitate to discuss these moments with the psychologists who are present at the hearing or in the Espace Méditerranée of the Palais Acropolis in Nice where the trial is broadcasted, or with your own psychologist. You can easily be informed of what was said in your absence by your lawyer or the victim support system. It is easy to get information on what was said where you were not there by asking your lawyer or the victim support system. Besides, during the trial, civil parties can follow the proceedings remotely in French and English through a secure web radio. The broadcast is slightly delayed. A helpline number is displayed on the web radio screen. If case of need, the listener can ask for support and call the psychologists present at the trial. The city of Nice provides a room for people who have not or cannot act as civil parties.

Protect yourself from media exposure, curiosity, and indiscretion

The Nice attack has deeply affected French society. As a result, the media widely covers the trial. The violence of the attack has attracted the attention of public opinion and journalists. A simple device (red or green cord around the neck) tells the press whether you agree or not to be photographed, filmed, or interviewed during the trial. Be cautious with social media as they can enhance social bonding and information sharing but can also sometimes fuel and spread hatred and violence. It is important to protect yourself, to ask people to respect your privacy, and to ensure that your right to not communicate is always maintained. If social networks cause you discomfort or trouble do not hesitate to

disconnect temporarily. The media deals with current events, i.e. what is happening in the community at the moment. As such, journalists will follow the progress of the trial until the verdict. Once the verdict is reached, the attention of the media and of society generally drop quite abruptly : the media overflow will fall into a near-silence. This imbalance can be destabilizing but the helpline will remain available for a few months and discussion groups can be organized after the trial.

Continue with everyday activities and habits that make you feel good

Walking your dog, going for a run, reading... It is now more important than ever to pursue the activities that give you a sense of well-being and bring a breath of fresh air into your day. Listen to your desires to reduce non-vital activities that you feel a burden. Try to maintain a comfortable rhythm and a healthy lifestyle to preserve the quality of your sleep. Proper recovery is essential during this period when anxiety and emotional tension are likely to be very high.

Surround yourself with people you trust

It is important to surround yourself with people who you feel are solid, whom you trust, who can be a confident and can support you. These trusted people are there to support you during the trial's hard times, as you may not feel well during this period. You can also rely on the victim support associations. These bring together people who have experienced the same event and who, just like you, may be facing difficulties in maintaining their mental health. You may thus have the opportunity to

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be brought into contact and exchange with people who may have felt the same emotions following the attacks or during the trial.

Ask for help

Professionals are always available to help you if you are experiencing psychological

distress (anxiety, suicidal thoughts, etc.) or intense suffering. Psychological suffering, anxiety, feelings of shame or guilt, and anger can be reduced with psychological support/counselling or follow-up during and/or after the trial. Do not hesitate to ask the psychologists in the courtroom or to contact your own psychologist/psychiatrist.



Useful contacts

France:

[Obtenir de l'aide pour soi ou pour un proche - site du Cn2r](#) and [Réseau France victimes](#)

2 hot/helplines specifically dedicated to victims concerned by the trial of the 14 July 2016 attack (Paris Court of Appeal); practical information:

proces@pav75.fr - +33 6 35 18 99 60 - and psychological assistance line: +33 6 75 77 59 23

Nice and surroundings:

- ▶ **Centre régional du psychotrauma, adult (CRP)**
CHU de Nice – Hôpital Pasteur I et II
To make an appointment: +33 4 92 03 33 35
crppacacorse-pasteur1@chu-nice.fr
- ▶ **Centre d'accueil psychiatrique, urgences psychiatriques, adult (CAP)**
CHU de Nice – Hôpital Pasteur II,
Contact: +33 4 92 03 33 58 / +33 4 92 03 33 59
- ▶ **Centre d'évaluation pédiatrique du psychotraumatisme, children and teenager (CE2P)**
Hôpital Universitaire Pédiatrique - Fondation Lenval
To make an appointment: +33 4 92 03 00 66
ce2p@pediatrie-chulenal-nice.fr
- ▶ **Association Montjoye, information and support for victims**
Contact : +33 4 92 00 08 18
contact@eianice.org