| Police Scotland logo | Freedom of Information Response Our reference: FOI 25-2042  Responded to: 1st August 2025 |
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Your recent request for information is replicated below, together with our response.

## The amount spent by Police Scotland on programmes designed to improve or deal with the mental health of police officers in each of the financial years 2022/23, 2023/24 and 2024/25. Break this down per programme, for example TRiM, Lifelines, etc.

The table below details the total spend on services Police Scotland offers to help improve/ deal with the mental health of their Police Officers broken down per service type (TRiM, Lifelines, etc) over the last three financial years (2022/23, 2023/24, 2024/25), inclusive:

|  | **Financial Year** | | |  |
| --- | --- | --- | --- | --- |
| **Service** | **2022/23** | **2023/24** | **2024/25** | **Grand Total (Service)** |
| Medical Fees / Reports | 2,216,454.00 | 2,912,820.14 | 1,874,247.86 | **7,003,522.00** |
| EAP |  |  | 128,686.80 | **128,686.80** |
| TRiM License Fee | 2,000.00 | 2,000.00 | 2,000.00 | **6,000.00** |
| Lifeline Scotland |  |  | 2,256.00 | **2,256.00** |
| **Grand Total (Year)** | **2,218,454.00** | **2,914,820.14** | **2,007,190.66** | **7,140,464.80** |

It is important to note that for 2023 and 2024, ‘medical fees/ reports’ covers both the Employee Assistance Programme (EAP) and Occupational health cover.

During those years, Police Scotland had a contract with Optima to provide the overall service – in 2025, this service was split between Vivup (to provide EAP) and Optima (to provide Occupational health *only*).

There is no dedicated section within the contract for Police Officers’ mental health as it covers all aspect of health and mental wellbeing.

If you require any further assistance, please contact us quoting the reference above.

You can request a review of this response within the next 40 working days by [email](mailto:foi@scotland.police.uk) or by letter (Information Management - FOI, Police Scotland, Clyde Gateway, 2 French Street, Dalmarnock, G40 4EH). Requests must include the reason for your dissatisfaction.

If you remain dissatisfied following our review response, you can appeal to the Office of the Scottish Information Commissioner (OSIC) within 6 months - [online](https://www.foi.scot/appeal), by [email](mailto:enquiries@foi.scot) or by letter (OSIC, Kinburn Castle, Doubledykes Road, St Andrews, KY16 9DS).

Following an OSIC appeal, you can appeal to the Court of Session on a point of law only.

This response will be added to our [Disclosure Log](http://www.scotland.police.uk/access-to-information/freedom-of-information/disclosure-log) in seven days' time.

Every effort has been taken to ensure our response is as accessible as possible.   
If you require this response to be provided in an alternative format, please let us know.