

Our Ref: IM-FOI-2022-2338
Date: 22 November 2022



FREEDOM OF INFORMATION (SCOTLAND) ACT 2002

I refer to your recent request for information which has been handled in accordance with the Freedom of Information (Scotland) Act 2002.

For ease of reference, your request is replicated below together with the response.

- 1) How many Police Scotland officers are currently signed off work due to mental health issues?
 - 2) Can you give me a breakdown of what mental health issues these include and the number for each?
 - 3) Can you tell me how many police officers were signed off due to mental health issues in 2021?
 - 4) Can you tell me how many police officers were signed off due to mental health issues in 2020?
 - 5) Can you tell me how many police officers were signed off due to mental health issues in 2019?
 - 6) Can you tell me how many police officers were signed off due to mental health issues in 2018?
- (Can these be broken down by type of illness and the number for each please)

Psychological Disorders	No. of Officers Absent				
	2018/19	2019/20	2020/21	2021/22	As at 31/10/2022
Alcohol Problems	n/a	n/a	1	1	n/a
Anxiety	101	147	166	172	48
Bereavement Reaction	56	98	58	34	7
Bipolar	1	n/a	n/a	2	n/a
Debility	2	2	n/a	4	n/a
Depression	95	119	102	92	31
Insomnia	5	6	2	5	1
Nervous/Psychological Disorders	3	4	2	2	n/a
Other Mental Disorders	1	2	4	4	1
Other Psychological Disorders	20	31	27	37	10
Other Stress	33	38	45	35	13
Post Natal Depression	4	3	4	5	3
Post Traumatic Stress	20	26	22	22	9
Schizophrenia	n/a	1	1	1	n/a
Stress	369	412	448	548	213
Total	710	889	882	964	336

Caveat: One officer can have multiple absences under different absence reasons and therefore in this case would be counted once for each absence reason recorded.

7) Can you give me a list of services available to support employees suffering from mental health issues?

HELP EAP

Police Scotland Officers and staff and Scottish Police Authority staff can access the Employee Assistance Programme **24 hours a day, 7 days a week, 365 days a year**. The Employee Assistance Programme offers professional support and guidance via a team of trained wellbeing and counselling practitioners who offer confidential, independent and unbiased information and guidance. This is delivered in a range of ways – by telephone, online and through face-to-face appointments. They can offer support and guidance on a wide range of issues, including psychological, physical, financial and social concerns

Police Treatment Centre

Police Treatment Centre offers a dedicated Psychological Wellbeing programme. (This is for Police officers only who pay in to the PTC)

Police Care UK

Wellbeing Champions

Offering peer support and can refer you to EAP.

Should you require any further assistance please contact Information Management - Dundee at foidundee@scotland.police.uk quoting the reference number given.

If you are dissatisfied with the way in which Police Scotland has dealt with your request, you are entitled, in the first instance, to request a review of our actions and decisions.

Your request must specify the matter which gives rise to your dissatisfaction and it must be submitted within 40 working days of receiving this response - either by email to foi@scotland.police.uk or by post to Information Management (Disclosure), Police Scotland, Clyde Gateway, 2 French Street, Dalmarnock, G40 4EH.

If you remain dissatisfied following the outcome of that review, you are thereafter entitled to apply to the Office of the Scottish Information Commissioner within six months for a decision. You can apply [online](#), by email to enquiries@itspublicknowledge.info or by post to Office of the Scottish Information Commissioner, Kinburn Castle, Doubledykes Road, St Andrews, Fife, KY16 9DS.

Should you wish to appeal against the Office of the Scottish Information Commissioner's decision, there is an appeal to the Court of Session on a point of law only.

As part of our commitment to demonstrate openness and transparency in respect of the information we hold, an anonymised version of this response will be posted to the Police Scotland Freedom of Information [Disclosure Log](#) in seven days' time.