| Police Scotland logo | Freedom of Information Response Our reference: FOI 25-1813  Responded to: 07 July 2025 |
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Your recent request for information is replicated below, together with our response.

**June is PTSD awareness month. What is Police Scotland specifically doing in relation to this for officers and staff?**

The information sought is not held by Police Scotland and section 17 of the Act therefore applies.

I can provide the following information which I hope is of assistance.

PTSD awareness month has not featured in our wellbeing calendar for 2025. However, during the month of May 2025 we did have a campaign around Mental Health Awareness and this was seen as an ideal time for all of us to think about mental health, tackle stigma, and find out how we can create a workplace and society that protects our mental wellbeing.​ Information was shared on supporting your mental health, supporting your colleagues and the directory of internal and external support services.

A Mental Health Fitness Hub was available to all which is an online resource filled with videos, downloadable content, and helpful links to support our people to strengthen their mental fitness. This included how to support your team and understanding Mental Health challenges such as PTSD.

We review our Wellbeing Calendar each year.

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.