

Our Ref: IM-FOI-2022-2007  
 Date: 17 October 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. What percentage of serving officers and constables have received mental health first aid training or a similar equivalent? (Note: this is defined as training to support individuals suffering from a mental illness in a moment of crisis, not mental health legislative training or training relating to the wider presence of mental illness in society).**
- 2. If possible, can this information also be broken down by division and command area?**

Police Scotland do not currently have mental health first aid training for in moments of crisis however there is support - the Employee Assistance Programme - Officers/Staff can contact in any moment of crisis to speak with them 24hr/365 days.

The table below provides the number of police officer and police staff who have benefited from counselling since the current contract with HELP EAP started. This data is not recorded by Division.

	<b>Calls to EAP</b>	<b>Mental health Assessments</b>	<b>Referred for counselling</b>
<b>2019/20</b>	2449	1409	758
<b>2020/21</b> (lower numbers due to officer and staff being signposted to NHS 24 during COVID)	1851	1157	406
<b>2021/22</b>	2484	1539	681
<b>2022 – August 22</b>	818	495	313

Should you require any further assistance please contact Information Management - Dundee 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.

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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.pnn.police.uk](mailto:foi@scotland.pnn.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](mailto: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.

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