

1. In the 2015 calendar year how many police officers (NOT civilian staff) were absent for the entire year through medical problems associated with stress, anxiety or depression.

(1) A total of 23 Police Officers were absent for the entire calendar year (2015) through medical problems associated with stress, anxiety or depression.

2. In 2015 (i) how many police officer duty working days and (ii) calendar days were missed because officers were absent through medical problems associated with stress, anxiety or depression.

(2) Part 1 - A total of 23328.4 police officer duty working days missed because officers were absent through medical problems associated with stress, anxiety or depression

(2) Part 2 – A total of 43,659 calendar days were missed because officers were absent through medical problems associated with stress, anxiety or depression.

3. In 2015 how many officers attended any relaxation/stress management courses? What was the name of this course? How much did it cost your police force? Please provide me with any information that is provided to officers prior to attending the course as an explanation of what the course will consist of.

- Hall Green College and James Watt College came into the organisation to provide reflexology, head and shoulder massage where officer and staff could book themselves onto. This covered about 140 staff throughout the year.
- Women in Policing Staff Support Association held Women's Health Events and Professional Development Day where massage and relaxation techniques were covered. This would have covered 200 staff.
- There is a link to a one hour online presentation that can be accessed through the force's Equality Diversity and Human Rights forum meetings to Mindfulness, this was to encourage colleagues to recognise stress themselves.
- Within the force we have First Contact Advisors who are staff and officers that are trained to deal with issues such as stress etc. Total FCA's in the force is 48.
- We have also provided training through free local college courses, one of these courses being Mental Health Awareness. Over 100 officers/staff have completed this course which is a level 2 NCFE qualification.