

Request Reference: 291A/24**1) The total number of sick days taken by police officers for the period 01/1/2022 – 31/12/2022.**

97,140

2) The total number of sick days taken by the police officers for the period 01/1/2022 – 31/12/2022 where mental health was a contributing factor to said absence.

33,900

3) A list of mental health / psychological conditions that were cited as reasons for absence if possible.

Absence Reason	Number of sick days
Anxiety	12,620
Depression	4,794
Other psychological disorders	630
Other stress	13,272
Post traumatic stress	2,584
Grand Total	33,900

4) A breakdown of Q1 + Q2 by gender; age; rank.Q1 - Table 1

Sex	Number of sick days
Female	38,535
Male	58,605
Grand Total	97,140

Q1 - Table 2

Age Banding	Number of sick days
18 - 20	345
21 - 25	7,079
26 - 30	10,209
31 - 40	22,196
41 - 50	37,198
51 - 60	19,464
61 - 65	636
Over 65	13
Grand Total	97,140

Q1 - Table 3

Rank	Number of sick days
Constable	84,605
Sergeant	9,380
Inspector	2,538
Chief Inspector or above*	617
Grand Total	97,140

* Any further breakdown of Rank is exempt by virtue of Section 40 – Personal information (see covering letter for full details).

Q2 - Table 1

Sex	Number of sick days (Psychological reasons)
Female	14,137
Male	19,763
Grand Total	33,900

Q2 - Table 2

Age Banding	Number of sick days (Psychological reasons)
18 - 20	32
21 - 25	1,851
26 - 30	2,621
31 - 40	7,589
41 - 50	14,079
51 - 60	7,691
61 - 65	37
Grand Total	33,900

Q2 - Table 3

Rank	Number of sick days (Psychological reasons)
Constable	28,530
Sergeant	3,915
Inspector	1,263
Chief Inspector or above*	192
Grand Total	33,900

* Any further breakdown of Rank is exempt by virtue of Section 40 – Personal information (see covering letter for full details).

5) A list of mental health support services available to policer officers.

TRiM (trauma support), Peer lead support programme, (EAP) Employee Assistance Programme services (in the moment/crisis support and 24/7 counselling), CBT (Cognitive behavioural therapy), EMDR (Eye Movement Desensitization and Reprocessing), bereavement counselling, mindfulness, meditation/breathing exercises, podcasts/webinars, online learning, self-learning/courses/toolkits. We also have residential stays for intense therapy, external organisations such as the Benevolent Fund and Police Care UK for further counselling and support.

6) A breakdown of police officers by gender; age; rank of the police officers who accessed these support services.

This information is not collated.