| Police Scotland logo | Freedom of Information Response Our reference: FOI 24-3248  Responded to: 05 February 2025 |
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Your recent request for information is replicated below, together with our response.

**Please could you assist with the following queries under the Freedom of Information Act (2000).**

**1. How many police officers have taken sick leave during the period 01/01/2023-31/12/2023?**

For 2023 there were 12,141 officers absent due to sick leave.

**2. How many of those sickness absences were attributed to mental health?**

There were 1,377 officers absent due to the absence category ‘Psychological Disorders’

**3. For police officers taking mental health related sickness within this period what were the mental health conditions cited?**

The ‘Psychological Disorders’ include anxiety, bereavement reaction, debility, depression, insomnia, nervous/psychological, other mental disorders, other psychological disorders, other stress, post-natal depression, post-traumatic stress and stress.

**4. How many serving police officers committed suicide between the period of 01/01/2023-31/01/2024?**

During this time period, 2 officers committed suicide.

**5. Could data pertaining to sickness absence, conditions and suicide be sectioned into the demographics of age, gender and rank?**

The tables provide the number of officers, who have been absent for psychological disorders by rank, sex, and age.

An individual will be counted once per category of the breakdown requested. For example: if an individual has had an absence whilst in the 35-44 Age Group then they will be counted once within that breakdown, if they have then aged up into the 45-54 category (either during the same period of absence OR for a separate period of absence within the reporting year) they will also be counted ONCE within that category. For that reason, we do not believe the below data to be an accurate reflection, and this should be considered for reporting purposes.

This is also true for rank, if the individual changed rank during the period of absence or had separate absences whilst at different ranks, they will be included more than once, or reflected in the blank category.

| **Sex** | **Male** | **Female** |
| --- | --- | --- |
| Psychological Disorders | 763 | 614 |

| **Age** | **16-24** | **25-34** | **35-44** | **45-54** | **55-64** |
| --- | --- | --- | --- | --- | --- |
| Psychological Disorders | 33 | 397 | 542 | 381 | 37 |

| **Rank** | **Blank** | **CS** | **CI/ DCI** | **INSP/ DI** | **SGT/ DS** | **PC/DC** |
| --- | --- | --- | --- | --- | --- | --- |
| Psychological Disorders | 95 | 2 | 3 | 42 | 160 | 1,175 |

**6. What Mental Health Services are made available for police officers experiencing poor mental health within this organisation?**

Police Scotland provide the following:

* VIVUP EAP – self referral & confidential.  Up to 8 general counselling sessions but more available if counsellors request them.

Also available if VIVUP deem it necessary trauma focussed support of up to 12 sessions.

* Police Treatment Centre – they can provide a 14-day residential course of wellbeing events including up to 3 counselling sessions.
* Police Care UK – counselling support if appropriate.
* Optima Health – line management referral for guidance & advise only**.**

In addition to the above, officers and staff are offered yearly Wellbeing Assessments, and some specialist posts are offered a resilience assessment.

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.