

**Chief Constable**  
T/Chief Constable Darren Martland  
Police Headquarters  
Carleton Hall Penrith,  
Cumbria  
CA10 2AU



20 June 2025

Dear

## **FREEDOM OF INFORMATION REQUEST – FOI 560/25**

I refer to your request for information which was received by Cumbria Constabulary on 22 May 2025.  
I note you seek access to the following information:

***I'd like to make a request under the Freedom of Information Act 2000 for data/information about the number of callouts to mental health and suicide incidents attended by your service. At Samaritans, we know that emergency services like ambulances, fire and rescue services and police forces are saving lives as the first responders to people who are in suicidal crisis. But, we also know that emergency service workers don't always feel best supported to respond to suicide incidents. We are advocating for Government and relevant bodies to properly support the emergency services with the skills and resources they need to respond to and support people who are suicidal.***

***To build our national understanding of how many suicide incidents emergency services across England are attending, we are submitting FOI requests to ambulance trusts and police forces across the country.***

***1. How many mental health incidents did your service respond to in these years? Please also indicate what percentage of total incidents were mental health incidents if possible:***

- a) 2020***
- b) 2021***
- c) 2022***
- d) 2023***
- e) 2024***

***2. How many suicide attempts and self-inflicted incidents did your service respond to in these years? Please also indicate what percentage of total incidents were suicide attempts and self-inflicted incidents if possible:***

- a) 2020***
- b) 2021***
- c) 2022***
- d) 2023***
- e) 2024***

***3. Please briefly outline any training your staff receive on the below areas, including what the training covers and the named training provider if externally delivered:***

***a) Suicide prevention***



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***b) Suicide postvention***

***4. If there is suicide prevention training in place, is it currently mandatory for all staff?  
If the training is not mandatory, please indicate which staff it is offered to.***

***5. If there is suicide prevention training in place, please indicate how many staff members received training in 2024 in:***

- a) Number of total staff who received training***  
***b) Percentage of total staff who received training.***

Your request for information has now been considered and I can confirm Cumbria Constabulary does hold some information relevant to your request and where this is the case I have today decided to disclose this to you.

**Question 1**

Number of incidents recorded (from all methods of contact including 999 calls, other emergency services and 101) where police have attended the incident with an 'Is mental health' flag applied:

| Year               | Count of Incident Number |
|--------------------|--------------------------|
| 2020               | 4231                     |
| 2021               | 5078                     |
| 2022               | 5134                     |
| 2023               | 4590                     |
| 2024               | 3949                     |
| <b>Grand Total</b> | <b>22982</b>             |

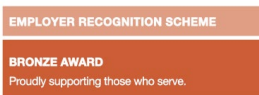
Number of all recorded incidents attended over the same time frame:

| Year               | Count of Incident Number |
|--------------------|--------------------------|
| 2020               | 48762                    |
| 2021               | 51980                    |
| 2022               | 54547                    |
| 2023               | 55557                    |
| 2024               | 56675                    |
| <b>Grand Total</b> | <b>267521</b>            |

**Question 2**

Number of incidents recorded with Keywords for 'attempted suicide', 'self harm', 'self inflicted', 'suicidal' and/or 'attempt suicide' tag on incident:

| Year | Count of Incident Number |
|------|--------------------------|
| 2020 | 889                      |
| 2021 | 1112                     |
| 2022 | 907                      |
| 2023 | 761                      |



|                    |             |
|--------------------|-------------|
| 2024               | 662         |
| <b>Grand Total</b> | <b>4331</b> |

### **Question 3**

The Constabulary does not specifically deliver suicide prevention/suicide postvention training within its training programme however the subject is discussed in other training lessons such as sudden death, mental health and negotiation.

The Constabulary has access to organisations who can be contacted by officers if they require help and support when dealing with, or having dealt with, incidents of suicide and attempt suicide.

### **Question 4**

Not applicable

### **Question 5**

Not applicable

Whilst every care has been taken in the retrieval of the information provided, please do not hesitate to contact us for clarification, if you do have any issues or queries relating to this data.

### **Complaint Rights**

Your attention is drawn to the attached sheet, which details your right of complaint.

I would like to take this opportunity to thank you for your interest in Cumbria Constabulary.



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