

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



8th October 2025

Dear

FREEDOM OF INFORMATION REQUEST – FOI 1309/25 Mental Health Sickness

I refer to your request for information which was received by Cumbria Constabulary on 15th September 2025. I note you seek access to the following information:

1.) The numbers of officers in the force who were signed off sick with stress, depression, anxiety or post-traumatic stress disorder, each year for the last five financial years (2020/21, 2021/22, 2022/23, 2023/24, 2024/25).

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.

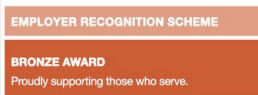
Please note: the response below shows data for each calendar year rather than financial year as this is how Cumbria Constabulary's system records the data. Also, the current absence recording system only came into use in mid-2020 meaning that the data for 2020 may not be accurate for the whole period.

1. The numbers of officers in the force who were signed off sick with stress, depression, anxiety or post-traumatic stress disorder.

Year	Count of CollarNumber
2020	4
2021	46
2022	89
2023	113
2024	178
2025	163

Police forces in the United Kingdom are routinely required to provide statistics to government bodies and the recording criteria is set nationally. However, the systems used for recording these figures are not generic, nor are the procedures used locally in capturing the data. It should be noted that for these reasons this force's response to your questions should not be used for comparison purposes with any other response you may receive.

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

If you believe your request has not been properly handled, or you are otherwise dissatisfied with the outcome of your request, you have the right to request an internal review.

In the first instance, please email freedomofinformation@cumbria.police.uk quoting the FOI reference number and explain why you are dissatisfied. Your complaint will be considered, and a response will be provided to you after your complaint has been investigated.

If you remain dissatisfied following conclusion of the internal review, you have the right, under section 50 of the Freedom of Information Act, to complain directly to the Information Commissioner.

The address for the Information Commissioner can be found below:

The Information Commissioner
Wycliffe House
Water Lane
Wilmslow
Cheshire
SK9 5AF

Complaints to the Information Commissioner can also be made online:

[Make a complaint | ICO](#)

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



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