

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



11th September 2025

Dear

FREEDOM OF INFORMATION REQUEST – FOI 1239/25 Officers on Stress or Mental Health Leave

I refer to your request for information which was received by Cumbria Constabulary on 20th August 2025. I note you seek access to the following information:

1. *How many police officers are on stress, stress-related or mental health leave?*
2. *How many have been on leave for more than 7 days?*
3. *How many have been on leave for more than two weeks?*
4. *How many have been on leave for more than one month?*
5. *What is the longest a police officer (currently on the leave) - has been on this type of leave?*

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 that the following answers are based on an understanding of the questions to mean Q2 - More than 7 days but less than 14, Q3 - more than 2 weeks but less than a month etc. rather than a running tally.

Question 1

There are 29 officers on stress, stress-related or mental health leave.

Question 2

3 officers have been on leave for more than 7 days.

Question 3

5 officers have been on leave for more than two weeks.

Question 4

18 officers have been on leave for more than one month.

Question 5

The longest a police officer (currently on the leave) - has been on this type of leave is 11 months and 23 days.

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.



EMPLOYER RECOGNITION SCHEME

BRONZE AWARD

Proudly supporting those who serve.



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.



EMPLOYER RECOGNITION SCHEME

BRONZE AWARD

Proudly supporting those who serve.

