

Our ref: FOI 1465794/22

Please can you inform me of the following statistics ie,
How many officers take up the optional mental health training compared to the total officers employed within the force?
How many officers complete the training in full?

This is in relation to the following training you have already highlighted as available for officers below, either for the last 3 years or since it's inception, whichever is closest to today's date.

- 1) Suicide awareness (1 hour facilitated training course) -
- 2) Stress Buster (1 hour facilitated training course) - This course focuses on understanding the effects of stress and how it can influence thoughts, feelings and behaviours.
- 3) Trauma Informed Practice (full day training course) - This interactive training provides an introduction to Trauma Informed Practice and have been developed for professionals working with adults or families impacted by trauma.
- 4) Skills for resilience (full day facilitated training course) – This course aims to help delegates learn more about self-care, managing stress, anxiety, and thinking styles and beliefs.
- 5) Exploring Mental Health and Wellbeing (half day facilitated training course) This course aims to provide an awareness and working knowledge of common mental health problems, in order to improve confidence in managing a person's own mental wellbeing and that of others.
- 6) Improving sleep – (1 hour facilitated training course) - This course provides information about sleep and examines the different types, how much sleep is needed and how to establish good sleep habits.

The above courses have been available within West Yorkshire Police since September 2022 and are open to all officers and staff to attend.

As of 10 January 2023, there have been 44 Officers that have attended and completed these courses. Please note the 44 Officers could have attended 1, or several of these courses. This figure does not include staff member attendance.

Please note that percentage data is not held, and we are not obliged to create data for the purpose of responding to a request under Freedom of Information.