

Support in retirement and ill-health retirement

Police Care UK understands retiring from the police can unlock feelings of 'isolation' and 'worthlessness' for many of those leaving the service – particularly those who are ill-health retired.

Our research with Surrey University in 2016 – 'Police injury on duty' – revealed 47 per cent of responding former officers, who left the service because of an injury said it was due to a work-related psychological or mental health issue.

Even after leaving the job, 35 per cent of those personnel said they were still experiencing PTSD.

Police Care UK, formerly known as the Police Dependent's Trust, help serving and veteran police officers, staff, volunteers, and their immediate families, who have suffered harm through policing. Ninety-four per cent of our beneficiaries tell us their life is better having received our help.

Serving officers typically access NHS-provided and force-supplied support while employed, however, a greater proportion are accessing GP services, private counsellors, and private physiotherapists in relation to their injuries since leaving.

There is little specialist support available to the veteran police community and a lack of recognition of the impact repeat exposure to trauma can have over their years working in policing.

This is why Police Care UK provide a specialist programme of practical, emotional, and financial support – including counselling, specialist trauma therapies and peer support – to retired personnel, both for those who are being or have



been ill-health retired and those who have otherwise left the service through retirement or career change.

Even if you left before or after your 30-years of service, Police Care UK could provide free and confidential financial and psychological assistance, no matter how many decades have passed.

If you struggle with mental health issues relating to your time in a policing role, please visit the 'Help for Individuals' page at www.policecare.org.uk/help-for/individuals for advice or make a referral at www.policecare.org.uk/get-help-now.

Police Care UK is independent, does not receive state funding, but is entirely funded by donations and fundraising activities. Find out more at www.policecare.org.uk.