



SUICIDE

STEP

TRAUMA

EDUCATION



PREVENTION

STEP Stats, Facts and Messaging



“The irrational became logical, and I was seconds away from completing the task”

Every day, 17 people die by suicide in the UK. Some 6,000 - 7,000 a year on average over recent years. Each one of these will be attended by a police officer. Are we giving them enough support after attending such a traumatic event? One police officer in Scotland reports having attended 300 suicides in his career.

Repeated exposure to trauma and suicide, when seen alongside a lack of organisational support following the suicide of a colleague, can lead to increased suicide ideation (and the emergence of suicide clusters).

The policing culture prioritises coping and avoidance strategies over help-seeking, according to an academic study on preventing police officer suicide.

It's a taboo subject, but attending so many suicides can sadly lead police officers to learn a “methodology” over how to take their own lives. Conduct investigations can also have a devastating ripple effect on police officers. They can struggle with poor mental health and suicidal thoughts.

From 2011 to 2022, there were 242 suicides of police officers and PCSOs. From 2021 to 2024, an estimated 80 former or current officers took their own lives.



242 police officers and PCSOs took their own lives between 2011 and 2022

**The culture of policing is about helping others in times of crisis.
We need to learn and accept that's it's ok for us not to be ok.
And to accept help when it is offered.
We are human.**



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STEP's Five Aims and Goals



The STEP campaign is calling for police officers who attend suicide calls to be given mandatory referrals to trauma debrief sessions

- 1. Reduce the number of colleagues who take their own lives**
- 2. Forces to introduce mandatory referrals to trauma debrief sessions following a police officer or staff attending a suicide**
- 3. Forces to add a bespoke mental health app to force mobile devices**
- 4. Forces to better collect data on police officer and staff suicide or attempted suicide, so we can better measure the extent of the issue**
- 5. Encourage colleagues to talk about this taboo subject and not be concerned about that.**



“It's OK not to be OK about how you are feeling, but what you must do is reach out to someone, anyone, it doesn't matter who”