

# Raising awareness of the risk of suicide in the Met

Policing is a uniquely stressful job. Officers are often exposed to extremely harrowing situations, and many find it difficult to leave the job behind at the end of a shift. Although the Met does not have a suicide rate higher than the national average, it was recognised that not enough practical information, advice and help was available for people at risk. Equally, information for concerned individuals such as colleagues and managers was not easily accessible. Our task was to publicise the Met's expert professional support system through a hard-hitting poster campaign and the Met's Intranet home page

'Are things getting on top of you?' is a very direct message that more than achieved its objective in raising awareness of the available support and information. The Met's Occupational Health (OH) pages received over 7,500 visits in the first month after launch and 5,478 in the second month from individuals, colleagues, managers and union reps – a huge increase. It continues to be one of the most accessed OH Intranet sections and many people have taken the time to tell the OH team that they found the information very useful, helping to build a word of mouth referral system.

# ARE THINGS GETTING ON TOP OF YOU?



**IN DESPAIR?**  
HELP IS JUST A PHONE CALL AWAY

**9am – 5pm**

Mon – Fri

780300 or  
020 7161 0300

MPS Duty Counsellor

**Out of Hours**

Including Weekends & Bank Holidays

796428 or  
020 7109 6428

MPS On-Call Counsellor

**Samaritans**

08457 90 90 90

Support external to the MPS



**METROPOLITAN  
POLICE**

Working together for a safer London

