

A Confidential Mental Health Crisis Line has been extended to support anyone who has left policing and is experiencing a mental health crisis or suicidal thoughts.

Support is available regardless of former role, length of service, how long ago an individual left policing, or the circumstances surrounding their departure.

This is a significant development and an important benefit for our members, recognising the lasting impact that policing can have on mental wellbeing.

Further information can be found at: <https://www.oscarkilo.org.uk/crisis-line>

Kind regards

Melissa Colbeck

Narpo Welfare Support & Communications

15th Sept 2026



OSCARKILO.ORG.UK

Mental Health Crisis Line for policing | Oscar Kilo

Oscar Kilo is the home of the National Police Wellbeing Service and brings assessment, learning and conversation about emergency services wellbeing in the UK into one place.

