

## Freedom of Information request 695-22

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### Request

1. How many NHS staff members have had to take 'mental health' breaks in 2022? This would be any breaks from service not included in annual leave, due to high levels of stress. Please also provide this for calendar years 2018-2021.
2. What was the longest continuous shift an NHS member of staff completed in 2022? This would include overtime.

### Response

1. The numbers of NHS Borders staff who took "mental health" breaks are:

Oct-Dec 2018	2019	2020	2021	2022 to 30.11.22
<5	122	431	423	412

Please note: The reporting system only holds information for a limited time and as a result the data for January 2018 to September 2018 is not available, therefore, this information is not held, as defined in Section 17, Freedom of Information (Scotland) Act 2002.

As the number of events in some areas are very small and in accordance with the Code of Practice for Official Statistics any number that is less than five, actual numbers and potentially identifiable information is withheld to help maintain patient confidentiality due to potential risk of disclosure. Further information is available in the [ISD Statistical Disclosure Control Protocol](#).

2. The longest continuous shift an NHS member of staff completed in 2022, including overtime, was 19.5 hours.

If you are not satisfied with the way your request has been handled or the decision given, you may ask NHS Borders to review its actions and the decision. If you would like to request a review please apply in writing to, Freedom of Information Review, NHS Borders, Room 2EC3, Education Centre, Borders General Hospital, Melrose, TD6 9BS or [foi.enquiries@borders.scot.nhs.uk](mailto:foi.enquiries@borders.scot.nhs.uk).

The request for a review should include your name and address for correspondence, the request for information to which the request relates and the issue which you wish to be reviewed. Please state the reference number **695-22** on this request. Your request should be made within 40 working days from receipt of this letter.

If following this review, you remain dissatisfied with the outcome, you may appeal to the Scottish Information Commissioner and request an investigation of your complaint. Your request to the Scottish Information Commissioner should be in writing (or other permanent form), stating your name and an address for correspondence. You should provide the details of the request and your reasons for dissatisfaction with both the original response by NHS Borders and your reasons for dissatisfaction with the outcome of the internal review. Your application for an investigation by the Scottish Information Commissioner must be made within six months of your receipt of the response with which you are dissatisfied. The address for the Office of the Scottish Information Commissioner is, Office of the Scottish Information Commissioner, Kinburn Castle, Doubledykes Road, St Andrews, Fife.

