

Hi everyone,

**Police Incident No:**

**Event/Location:**

Date:

The above incident was declared a “critical / potentially traumatic event” under our Post Incident Support Process (PISP). This email has been sent to every member of the team because we are aware that, on occasions, some members may have been impacted even although they did not attend the incident. Of course, you may not be adversely impacted at all, which is OK. It is important to remember that we are all different.

Please find attached a questionnaire that you are encouraged to complete and return to the Rivers Centre by email to [loth.externalrivers@nhs.scot](mailto:loth.externalrivers@nhs.scot). Alternatively, you can return using the Freepost envelope which we have provided to everyone (supply in base). It will be really helpful if you can complete and return the questionnaire **even if everything is fine and you’re doing well**. This will help the Rivers Centre in planning how best to support the needs of mountain rescue volunteers.

The Rivers Centre has advised teams to send out these questionnaires approximately 3 weeks after a declared incident. This is because, in the initial days and weeks following a potentially traumatic event, it can be normal to experience some symptoms described on the questionnaire. In most cases however, the natural process of recovery will mean that things are settling down 3-4 weeks later. If this is not the case and you are still experiencing some of these symptoms at this stage, some additional support may be beneficial.

Please be aware that any conversation or correspondence that you may enter into with the Rivers Centre regarding this incident is private and confidential\*. Should the Rivers Centre wish to consult with other parties then your consent will always be sought.

Please also be advised that **[insert your team name here]** do not share your personal details with the Rivers Centre and you can choose to send in the questionnaire or not.

If you do send the questionnaire to the Rivers Centre, this will act as informed consent to the Rivers Centre contacting you for follow up after the incident, if required.

**[insert your team name here]** will advise the Rivers Centre of how many questionnaires have been sent out and how many folk were deemed to be directly involved in this incident. The team will not share any personal details of members, without your individual prior consent.

If an incident has not been identified as a “critical / potentially traumatic event”, but you feel that you would like to complete a questionnaire anyway, then you can do this and send it to the Rivers Centre. As above, this would be by email or in a Freepost envelope. You can retain a copy of the questionnaire attached here; download a questionnaire from the SMR team members web area (<https://www.scottishmountainrescue.org/scottish-mountain-rescue-wellbeing-information/>); access from the Lifelines website (Volunteer Responders page); contact the SMR Wellbeing Officer [wellbeingofficer@scottishmountainrescue.org](mailto:wellbeingofficer@scottishmountainrescue.org) or email/call the Rivers Centre [loth.externalrivers@nhs.scot](mailto:loth.externalrivers@nhs.scot) or **0131 451 7407**.

Should you require any further information regarding PISP the please see the attached information document and/or email [wellbeingofficer@scottishmountainrescue.org](mailto:wellbeingofficer@scottishmountainrescue.org)

Thank you

(name etc)

\* Information is stored on secure NHS databases and you can read more here on how NHS Lothian will handle your personal information and uphold your rights here: <https://www.nhsllothian.scot/yourrights/data-protection-privacy/data-protection-notice/>