



UNIVERSITY OF
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Strategies for working with distressing content

There are a number of investigative officers and analytical professionals who work with traumatic experiences of other people as a part of their daily work.

Based on our discussions with analysts, investigators and subject experts, we suggest some strategies that, if taken into consideration, could be useful for ensuring the wellbeing of staff.



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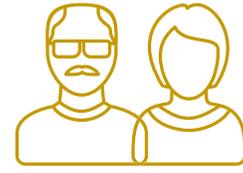
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Onboarding:
Provide training on the content, gradual exposure techniques, and coping strategies.



Awareness:
Understand the signs and symptoms of psychological distress when working with distressing content.



Specialised support:
Ensuring easy access to dedicated support from therapists.



Encouraging a caring culture:
Ask others: 'How are you?'
Be considerate of others' wellbeing.



Utilise peer support:
Reach out to mental health champions and colleagues for support.



Taking breaks:
Stepping away from distressing material even for a few minutes can help.



Mindfulness:
Engage in mindfulness activities.



Providing feedback:
Senior leaders should provide positive feedback to their team and emphasise their value to the organisation or force.



Optimising workspace:
Ensure that work and home set-ups are safe and comfortable.



Work-related devices:
Use separate devices for all work content that do not include personal contacts.



Promote self-assessment:
Identify signs of distress, such as, having nightmares, unable to relax etc.



Professional development:
Provide professional development opportunities, such as CPD courses.



Self-care:
Encourage regular exercise and a healthy diet.



View our video resources and checklist
