



Contemplation Room

Employer: Cumbria Constabulary

Area: Mental Health

Theme: Health Checks



What is the contemplation room?

The room can be used as a quiet space for people to sit and contemplate, to pray, to take a few moments to de-stress from a busy day, or to recover from a traumatic live event.

It can be used when needed to relax and distract from what is affecting you.

It is a multipurpose room, primarily for mental health support, but it is also a place that provides privacy if need for example to take medication.

Where is the contemplation room?

The room can be found on the ground floor of Durrhill in the old medical room opposite the mailroom, there is signage on the door.

Can I just drop in?

Yes, the room is open 24/7.

It is expected users will be permitted to use the room for approximately 15-20 minutes without disturbance.

However, the room can be locked from inside if you require privacy; for example if you would like to pray, need to take medication or express.

What is in the contemplation room?

The room has a sink, comfortable chairs, and a prayer mat. There is also an iPad that controls the lights and to play music or to read.

The iPad cannot do anything except play approved apps and control the room and therefore has no pin code. To operate the iPad simply push the home button to unlock.

"The Police Federation has been working with the constabulary to help provide further wellbeing support to officers and staff with the introduction of contemplation rooms. The first contemplation room has opened at Durrhill Police station with further rooms looking to be rolled out across the force."

The Contemplation Room is available to all staff and is going to be rolled out across the force in due course. The video showing how to use the room has been viewed 163 and the room used on numerous occasions.



"(Please note I wasn't able to change the date, the contemplation room was implemented in Jan 2022.)"

