# Metropolitan Police Trainer Dies by Suicide Due to Work-Related Mental Health Struggles, Inquest Finds



A Metropolitan Police trainer, Nicola "Nikki" Forster, took her own life after her employer's actions exacerbated her mental health issues, an inquest has found. Forster, 45, was found dead at her home in September 2022. She had developed PTSD from her work during the Grenfell Tower fire in 2017 and had been battling anxiety and depression.

Central Bedfordshire Coroner's Court heard that Forster's mental health deteriorated further due to line management decisions and delayed occupational health referrals. Coroner Emma Whitting concluded that these factors contributed significantly to her decline and eventual death. Forster had told colleagues that her line manager, Inspector Hayley Webb, bullied her and did not act on her requests for mental health support.

In July 2022, Forster expressed that a poor performance review had severely affected her mental state. She was on medication and signed off work for three months prior to her death. On September 28, 2022, Forster was found deceased by her partner, Dr. Amy Popple, in Biggleswade, Bedfordshire.