# Metropolitan Police trainer takes own life after employer's neglect worsens mental health



A Metropolitan Police trainer, Nicola "Nikki" Forster, took her own life in September 2022 after her employer's actions worsened her mental health, an inquest has found. Forster, 45, worked as a safety training officer at Hendon Police College in north London. She developed PTSD following her involvement in the Grenfell Tower fire in 2017, coupled with anxiety and depression.

Central Bedfordshire Coroner's Court heard that Forster's decline in mental health started from autumn 2021, exacerbated by line management decisions that neglected her occupational welfare. The inquest revealed that her line manager, Inspector Hayley Webb, delayed an occupational health referral requested in November 2021 until May 2022. Forster expressed to colleagues that Webb was bullying her and preventing necessary support. The coroner, Emma Whitting, indicated that the Metropolitan Police Service (MPS) knew about Forster’s mental health status and missed opportunities for timely intervention.

On July 20, 2022, Forster disclosed to a welfare officer that a "not performing" grade in her performance review had severely impacted her. She was found dead at her home in Biggleswade, Bedfordshire, by her partner, Dr. Amy Popple, on September 28, 2022.

The inquest concluded that organizational missteps by the MPS contributed significantly to the deterioration of Forster’s mental health.