

How Is Forensic Focus Helping?

- ✓ **Championing standards for digital forensic mental health**
- ✓ **Sharing real-life experiences on our podcast**
- ✓ **Publishing well-being articles and research**
- ✓ **Providing practical well-being resources**
- ✓ **Consulting with practitioners, researchers, and policymakers**



Meet Our Well-Being Lead Paul Gullon-Scott



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About Paul:

Paul Gullon-Scott BSc MA MSc MSc FMBPSS is a former Digital Forensic Investigator with nearly 30 years of service at Northumbria Police in the UK, specializing in child abuse cases. He is a recognized expert on the mental health impacts of digital forensic work and has developed a pioneering well-being framework to support digital forensics investigators facing job-related stress. Paul works for the NHS and in private practice at Spectrum Specialist Consultancy.

FORENSIC FOCUS
LEADING DIGITAL FORENSICS NEWS, ANALYSIS AND DISCUSSION

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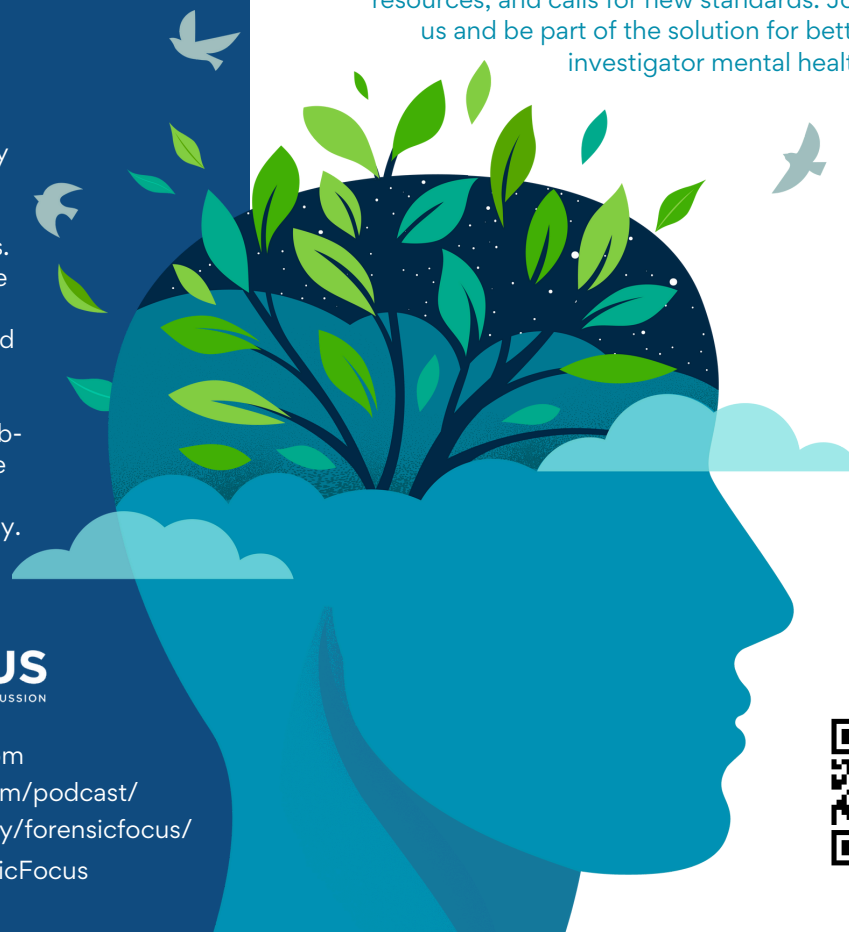
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Your Mind Matters

Supporting The Minds Behind Digital Forensics

Many DFIR investigators face significant psychological distress, impacting well-being and investigations. Forensic Focus is championing change through research, resources, and calls for new standards. Join us and be part of the solution for better investigator mental health!





Mental Health And DFIR

Recent research (Gullon-Scott, 2024) shows up to 65% of digital forensics investigators experience significant psychological distress, yet formal well-being frameworks are scarce or reactive. The cost of untreated trauma is operational, organisational, and human:

- **Staff turnover**
- **Sickness absence**
- **Decreased cognitive performance**
- **Risk of investigative error**

There is a need for systemic changes within organisations to adequately address mental health challenges in digital forensic teams. These changes are critical for preventing burnout, secondary traumatic stress, and high attrition rates among digital forensic investigators (Forensic Focus Investigator Well-Being Survey, 2024).

What Are The Risks For Digital Forensics Investigators?

☹️ **Secondary traumatic stress**

☹️ **Anxiety, depression, and PTSD**

☹️ **Burnout and emotional exhaustion**

☹️ **Social withdrawal and cognitive overload**



How Can **You** Help?



Visit Forensic Focus

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Want to share your experience and help others? Contact our Well-Being Lead in strictest confidence (details overleaf).



Advocate For Change

Call for better support for digital forensics investigators and help raise well-being standards in DFIR.