



THE AMBULANCE STAFF CHARITY

At The Ambulance Staff Charity (TASC), we provide a range of services to support the mental health, physical rehabilitation, and financial wellbeing of the UK's ambulance staff, their family members, students, and ambulance service volunteers.

TASC is here to support the mental wellbeing of the ambulance community, including serving/retired staff, their family members, paramedic science students and ambulance service volunteers. For more information about our services and eligibility criteria, click the link below to visit the TASC website.



- counselling, support with trauma and PTSD, physiotherapy, debt advice, financial grants, bereavement support and general wellbeing advice
- email: support@theasc.org.uk; freephone number: 0800 1032 999 (open from 8am - 6pm, Mon - Fri) www.theasc.org.uk



- for information and sign-posting
- 0300 123 3393 (9am - 6pm, Mon - Fri) www.mind.org.uk

SAMARITANS

- to talk, for someone to listen, space to be yourself
- 116 123, (24/7); for the Welsh language line: 0808 164 0123 (7am - 11pm); email: jo@samaritans.org www.samaritans.org

Health and wellbeing support - for ambulance service employees, volunteers and their families

We want to help you access any support you might need – today, tomorrow or in the future. These supports are in addition to what is available at a trust-level through human resources, occupational therapy or a specific health and wellbeing hub or service.



For confidential support by phone:
General: 0800 06 96 222 (7am - 11pm)



For confidential support by phone:
Bereavement: 0300 303 4434 (8am - 8pm)



For support by text message
Text 'FRONTLINE' to 85258 (24/7)



For wellbeing support apps visit:
www.people.nhs.uk

 info@aace.org.uk

 www.aace.org.uk

Bringing together skills, expertise and shared knowledge in UK ambulance services