



Application for mental health support

Please read the notes below carefully before completing the application form.

Your application can not be considered until we receive your completed form. The information you provide will be treated as confidential and in line with General Data Protection Regulation (GDPR).

Please provide as much detail as possible to help us fully understand your circumstances and enable us to recommend the most appropriate support option for you.

Can we help you?

We will only consider applications from people who satisfy the following criteria:

- **Must be in need and any assistance given must be beneficial to the individual**
- **A UK resident who has worked within the UK, UK dependencies or Gibraltar. Apart from the dependencies and Gibraltar, support is not offered to overseas applicants or their dependents. Overseas work is not included within the minimum 12 months service requirement**

Be one of the following:

- Have worked for an NHS ambulance service or a CQC-registered independent/private ambulance service for at least 12 months (can be currently serving or retired)
- Be a family member of someone who has served for a UK ambulance service for at least 12 months (can be currently serving or retired)
- A student of a Paramedic Science course from year two onwards
- A current volunteer with a UK ambulance service who has been volunteering with the service for at least three years



Submitting your application form

Please return your completed application form to applications@theasc.org.uk, alternatively send your printed application form to:

TASC Wellbeing Support Team
TASC, The Ambulance Staff Charity
12 Ensign Business Centre, Westwood Way
Coventry, CV4 8JA

If you have any queries or require assistance to complete the form, please call the Wellbeing Support Team on 0800 1032 999 or email support@theasc.org.uk.

What happens next?

Once we have received your completed form, a member of our team will be in touch to discuss your application and support needs. If you have any questions in the meantime, please email support@theasc.org.uk

Unless otherwise indicated, please complete all the sections in this form.

Section 1 - Referrals

Are you filling in this form on behalf of someone else? Yes No

If you selected 'No' above, please skip to Section 2 – your personal details.

If you selected 'Yes' above, please enter **your details** below.

First name			
Surname			
Your relationship to the individual this form is about			
Email address			

Please re-enter your email address in the box below.

The remaining questions in this form are about the person in need of support.

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Section 2 – your personal details

Are you a resident in the UK or a UK dependency?

Yes

No

Please select from one of the following:

I have served in an ambulance service for at least 12 months

I am a family member of someone who is serving or has served in an ambulance service for at least 12 months

I am a student in year 2 of a Paramedic Science course

I have been volunteering with a UK ambulance service for at least three years

If can't select one of the options above, then we may not be able to help you at this time. For more information, please visit www.theasc.org.uk/who-we-help or call **0800 1032 999** for more information.

Mr

Mrs

Miss

Ms

Other

First name	
Surname	
Maiden name	
Date of birth	

What is your current civil status?

Single

In a relationship

Married

Civil partnership

Divorced

Widowed

Separated

Contact details

Address	
Postcode	
Telephone	
Mobile	
Email address	

Please re-enter your email address in the box below.

Section 3 – your employment

Please select one of the following:

I am currently in work

I have ceased work due to retirement

I have ceased work due to ill health

I have ceased work for another reason

Current employment details

If you are not currently working, please go to 'previous employment details'.

Current employer	
Position held	
Dates to/from	

Previous employment details

Employer	
Position held	
Dates to/from	

Employer	
Position held	
Dates to/from	

Employer	
Position held	
Dates to/from	

Have you served in the armed forces?

Yes

No

If you selected 'Yes' above, please provide your service number, details of the years you served and the branches you served in:

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Section 4 – your mental health

To help understand your current situation, how we can help and the best treatment pathway for you, we need you to fill in the questions below to provide details on how you're currently feeling and what support you have already received.

How are you currently feeling?

How long have you felt this way?

What triggers do you have or what causes you to feel this way?

Are you experiencing any other symptoms, if so, what are they? E.g. not sleeping, panic attacks, suicidal thoughts

Have you seen your GP about your mental health or the symptoms you listed above?

Yes

No

If you selected 'Yes' above, please provide details of the diagnosis, advice and any prescriptions given by your GP:

How is your mental health affecting your day-to-day life?

How is your mental health affecting your relationship with your loved ones?

Who would you consider to be part of your support network? I.e. people you can talk to about how you're feeling or what you're struggling with.

What support would you like to receive from TASC?

If you would like to tell us anything else about your mental health, or if your finances are suffering due to your mental health, please include details here.

Section 5 – About TASC

How did you hear about TASC?

Employer	Manager	Colleague
Friend	TASC volunteer	Poster/leaflet
News article	Website	Online search
Facebook	Twitter	Instagram
LinkedIn	Advert	Other

If you selected 'Other' above, please provide details below:

Section 6 - Diversity

The below questions below are **optional** and will help us understand who is accessing TASC's support and how we can develop our services to reach more of the ambulance community.

What is your ethnic group?

White British	White Irish
White Other	Indian
Pakistani	Bangladeshi
Chinese	Other Asian background
African	Caribbean
Other Black/African/Caribbean background	Arab
White and Black Caribbean	White and Black African
White and Asian	Other Mixed/Multiple ethnic background

What is your religion?

Atheist	Buddhist	Christian
Hindu	Jewish	Muslim
No religion	Sikh	Other

Do you have a disability?

Yes

No

The CORE OM

Over the page you will find our CORE OM. This is an assessment tool that measures your levels of:

- distress
- general wellbeing
- commonly experienced problems or symptoms
- social/life functions
- risk to self and others.

TASC's in-house counsellor will use the answers you have already given and your CORE OM levels to review your case and establish the best treatment pathway or next steps for you.

Please complete all the questions in the CORE OM.

In the last week...

		Not at all	Only occasionally	Sometimes	Often	Most or all the time	Office use only
1	I have felt terribly alone and isolated.	0	1	2	3	4	F
2	I have felt tense, anxious or nervous.	0	1	2	3	4	P
3	I have felt I have someone to turn to for support when needed.	4	3	2	1	0	F
4	I have felt OK about myself.	4	3	2	1	0	W
5	I have felt totally lacking in energy and enthusiasm.	0	1	2	3	4	P
6	I have been physically violent to others.	0	1	2	3	4	R
7	I have felt able to cope when things go wrong.	4	3	2	1	0	F
8	I have been troubled by aches and pains, or other physical problems.	0	1	2	3	4	P
9	I have thought of hurting myself.	0	1	2	3	4	R
10	Talking to people has felt too much for me.	0	1	2	3	4	F
11	Tension and anxiety have prevented me from doing important things.	0	1	2	3	4	P
12	I have been happy with the things I have done.	4	3	2	1	0	F
13	I have been disturbed by unwanted thoughts and feelings.	0	1	2	3	4	P
14	I have felt like crying.	0	1	2	3	4	W
15	I have felt panic or terror.	0	1	2	3	4	P
16	I made plans to end my life.	0	1	2	3	4	R
17	I have felt overwhelmed by my problems.	0	1	2	3	4	W
18	I have had difficulty getting to sleep or staying asleep.	0	1	2	3	4	P
19	I have felt warmth or affection for someone.	4	3	2	1	0	F
20	My problems have been impossible to put to one side.	0	1	2	3	4	P
21	I have been able to do most things I need to.	4	3	2	1	0	F
22	I have threatened or intimidated another person.	0	1	2	3	4	R

In the last week...

		Not at all	Only occasionally	Sometimes	Often	Most or all the time	Office use only
23	I have felt despairing or helpless.	0	1	2	3	4	P
24	I have thought it would be better if I was dead.	0	1	2	3	4	R
25	I have felt criticised by other people.	0	1	2	3	4	F
26	I have thought I have no friends.	0	1	2	3	4	F
27	I have felt unhappy.	0	1	2	3	4	P
28	Unwanted images or memories have been distressing me.	0	1	2	3	4	P
29	I have been irritable when with other people.	0	1	2	3	4	F
30	I have thought that I am to blame for my problems and difficulties.	0	1	2	3	4	P
31	I have felt optimistic about my future.	4	3	2	1	0	W
32	I have achieved the things I wanted to.	0	1	2	3	4	F
33	I have felt humiliated or shamed by other people.	0	1	2	3	4	F
34	I have hurt myself physically or taken dangerous risks with my health.	0	1	2	3	4	R

Declaration

The person in need of support must sign this form.

- I agree that the details provided in this application form and supporting information may be held in the manual and computer files of TASC.
- I agree that TASC may discuss my case with my GP, Social Worker or any other charity or body who may be helpful with my application.

We will not contact or share your information, including your employer without your permission. I agree that the persons contacted may disclose information to TASC. The information you have provided in this application form will be stored and processed in line with General Data Protection Regulations (GDPR) 2016/17.

Signature	
Date	

Thank you filling in TASC's application form

If you are filling in your application form on a computer, please remember to save your completed form before continuing.

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While you wait to hear back from us, which not check out our free Rightsteps portal which has lots of useful information and tips on a range of wellbeing topics, from anxiety and burnout to sleep difficulties and substance abuse. Visit our Rightsteps portal at www.theasc.org.uk/Rightsteps