



THE AMBULANCE STAFF CHARITY

Caring for those who care for us

The difference
we've made to
ambulance staff in
the past year.

Mental health

Last year **3,300 more** people spoke to TASC about their mental health. It continues to be our most in-demand service, and last year we provided **over 3,200 hours** of mental health support.

On average, those who access our mental health services, see a **57% improvement** in their mental health, and those who come to us for help with PTSD or trauma saw a **64% improvement** in their symptoms.



"With TASC's help I was able to return to work with a different view and perspective."

Liam, Paramedic,
Scotland

4 in 5

of the total
interventions we
provided were for
mental health.

"My family will be debt-free in six months and able to breath, with considerably less stress."

Cat, Call Handler,
Cambridge



£57,500

Financial grants
given to people in
extreme need
last year

Financial wellbeing

The long-lasting impacts of the pandemic have hit people hard and the people who came to TASC for support with their finances were, on average, **£374 a month better off**.

On top of this, our in-house experts were also able to help write off **over £22,000 of debt**.

Physical wellbeing

Ambulance staff have a very physically demanding job and last year we provided **168** rehabilitation sessions for staff injured in the line of duty.

6

Average number of
support sessions
for people injured
at work.



"Without help from TASC, my recovery would have taken so long and I wouldn't have been able to even consider returning to work for months."

Jackie, Ambulance Technician,
Yorkshire



THE AMBULANCE STAFF CHARITY

Join us on social



Caring for those who care for us

Who we are

TASC, The Ambulance Staff Charity, is the national charity devoted to caring for the mental, physical and financial wellbeing of the UK's ambulance community in their time of need. This includes:

- Counselling and specialist support for trauma and Post Traumatic Stress Disorder (PTSD)
- Support following a bereavement
- Physiotherapy and physical rehabilitation following an injury at work
- Financial guidance on managing money, benefits and maximising income

Our services aren't limited to operational staff, we can support anyone who has served in a UK ambulance service, as well as retirees, close family members of staff, paramedic science students and current ambulance service volunteers. Learn more about us at www.theasc.org.uk

Need help? Talk to TASC

Email: support@theasc.org.uk

Call: **02477 987 922** (Open 8am - 6pm, Mon-Fri)

We're helping more people than ever before

Last year we were needed more than ever, with our services seeing an overall **49% increase in demand**.

Thanks to our supporters, we were ready to deal with this demand and provided almost **2X more** interventions to support ambulance staff's mental, physical and financial wellbeing last year. However, with an average **42% year-on-year growth**, we can only continue to maintain and grow our life-changing services with your help.

Get involved and help support the UK's ambulance community!

Here's five ways you can help TASC support ambulance staff

Make a donation

Text **AMBULANCE** to **70085**
to donate £3 to TASC

Set a fundraising challenge

Join a TASC challenge or
create your own. Learn more at:
www.theasc.org.uk

Become a corporate supporter

From sponsorship and employee
involvements to gifts in kind,
there are so many ways your
organisation can get involved
with our work and help us
support ambulance staff.

Learn more at:
www.theasc.org.uk

Visit our online shop

From coffee to pet accessories,
there's something for everyone!
Take a look at:
www.theasc.org.uk/shop

Join Amazon Smile

Raise funds for TASC while you
shop at no extra cost to you.
Search for 'Amazon Smile'
to begin.