

# Looking back at 2022



**3,634**

support sessions  
provided

**1**

24/7 suicide  
prevention service  
launched

**£62K**

donated by trusts  
and foundations to  
TASC

**8**

TASC team members  
trained in suicide  
first aid

Services users were

**£187**

a month better off  
(on average)

**150+**

attendees at the  
National Ambulance  
Memorial Service

**1**

TASC newsletter  
launched

**883**

phone calls taken by  
the Wellbeing  
Support Team

**2,279**

self care resources  
accessed on TASC's  
website

Services users saw a

**58%**

improvement in  
their mental health  
(on average)

**9**

people climbed  
Mount Kilimanjaro  
for TASC

**1.3m**

social media  
impressions on  
TASC's channels

Ambulance staff are there for us in some of the worst moments of our lives. Sometimes they need help too. If you are able to give a gift this Christmas, please help TASC look after our ambulance family by making a donation. **Text AMBULANCE to 70085 to donate £3 to TASC.**

With your support we can ensure that every ambulance worker has somewhere to turn when they're struggling. Learn more about TASC at [www.theasc.org.uk](http://www.theasc.org.uk)



**THE  
AMBULANCE  
STAFF  
CHARITY**

Registered Charity Number: 1163538 / SC046384