



## TASC's services

TASC is a source of independent and confidential support for the UK's ambulance community when they're struggling with their mental, physical, or financial wellbeing. To learn more, scan the QR code over the page or visit [www.theasc.org.uk](http://www.theasc.org.uk).

### Mental health

From counselling to online therapy modules, TASC provides a range of tailored services to help support your mental health. In the past we've helped people who've been experiencing stress, compassion fatigue, anxiety, depression, trauma, and PTSD, to name a few.

### The Ambulance Staff Crisis Phonenumber

TASC runs a 24/7 phonenumber to provide immediate and ongoing support to ambulance staff who are experiencing suicidal thoughts. The service is completely independent and confidential, and staffed with qualified counsellors. Need help? Call the service on **0300 373 0898**.

### Bereavement support

When an ambulance worker passes away, TASC can provide information, advice and bereavement counselling to their colleagues and loved ones.

### Need help? Talk to TASC

Call: **02477 987 922** 9am – 5pm, Mon – Fri

Email: [support@theasc.org.uk](mailto:support@theasc.org.uk)

Visit: [www.theasc.org.uk](http://www.theasc.org.uk)

### Physical rehabilitation

If you're a serving ambulance worker and have been injured in the line of duty, TASC may be able to apply for funding for you to attend a residential treatment facility for an intense rehabilitation programme.

### Financial wellbeing

TASC's in-house money expert has years of experience in supporting people struggling with their finances. From benefits and income maximisation support to information about other places you can access help, TASC is to help you sort out your finances.

### Self-care resources

TASC's website has lots of information and resources to help you cope.

### Online wellbeing hub

TASC's Online Wellbeing Hub is full of information on a range of health topics. If you register on the platform, you can also access evidence-based therapy modules.

### Who we can help

TASC's services are open to anyone who has served in an NHS or independent ambulance service for at least 12 months. This includes road crew, call centre staff, managers, and support staff.

We may also be able to support paramedic students, ambulance service volunteers and family members of staff. To learn more about our eligibility criteria, visit our website.



**@TASCharity**  
Follow TASC on social media

## Robert's story

Robert came to TASC because he was struggling with his mental health which was also starting to affect his physical wellbeing.

We arranged for Robert to have sessions with our in-house counsellor to talk about coping techniques and also paid for him to have sessions with an external counsellor to help with his PTSD symptoms.

Since finishing his sessions, Robert is feeling great and living each day to the full.

**“TASC’s services were second to none and I would 100% recommend them to any of my colleagues.”**

Robert, Ambulance Care Assistant,  
Aylesbury



## Be there for our ambulance family in their time of need.

As a UK charity, TASC relies on your support to continue providing our life-changing services.

Right now things are tougher than ever, and as a charity, TASC relies on your support to continue providing our life-changing services for people like Robert.

If you can, please help us by making a donation today. Scan the QR code below or visit [www.theasc.org.uk/donate](http://www.theasc.org.uk/donate) to get started.

Alternatively, text AMBULANCE to 70085 to donate £3 to TASC now.

### Other ways you can support us

- Join our email list
- Sign up to a TASC challenge
- Create your own fundraising event
- Follow us on social media

Scan the QR code below or visit [www.theasc.org.uk](http://www.theasc.org.uk) to find out more.

