

TASC's mental wellbeing services

It's okay not to be okay, and if you're struggling with your mental health, TASC is here to provide tailored support so you can continue doing the job you love.

People come to us for help for a variety of reasons, and in the past, we've helped people who've been experiencing:

- Stress and burnout
- Compassion fatigue
- Depression
- Anxiety
- Trauma and PTSD

Did you know...

TASC has an in-house counsellor who ensures our therapies are evidence-based and that our service users get the right treatment for their needs.

Who we support

TASC's mental wellbeing 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 can also support student paramedics from year two onwards if their need is linked to their placement.

Need help? Talk to TASC

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

Email: support@theasc.org.uk

Other support TASC offers

Self-care resources

TASC's website has lots of information and resources offering advice and ideas to help you cope. Scan the QR code below or visit www.theasc.org.uk to take a look.

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. Scan the QR code below or visit www.theasc.org.uk to take a look.

The Ambulance Staff Crisis Phonenumber

TASC runs a 24/7 phonenumber to provide immediate and ongoing support to ambulance staff who are feeling suicidal or experiencing suicidal thoughts.

The service is completely independent and confidential, and staffed with qualified counsellors. Need help? Call the service on 0300 373 0898 or visit www.theasc.org.uk/crisis to learn more.

Did you know...

TASC also provides financial wellbeing and physical rehabilitation services? Scan the QR code below or visit www.theasc.org.uk to learn more.





@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 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 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 to find out more.

