



**THE
AMBULANCE
STAFF
CHARITY**

Caring for those who care for us

TASC, The Ambulance Staff Charity, is a national charity devoted to caring for the wellbeing of the UK's ambulance family in their time of need.

We're passionate about providing an independent and confidential source of support for the UK's lifesavers including:

- Counselling and specialist support for trauma
- Bereavement support for the colleagues and loved ones when ambulance staff pass away
- Residential physical rehabilitation for people injured in the line of duty
- Financial guidance on managing money, benefits and income maximisation support

Our services aren't limited to just road crew. We can support anyone who has served for an NHS or independent ambulance service in the UK, including control room workers, managers and support staff. We can also support retirees, student paramedics and ambulance service volunteers.

Over the page you'll find lots of information on the difference we made to ambulance staff last year. You can also find lots more on our website: www.theasc.org.uk

Join us!

Sign up to TASC's email list and get our latest news, free resources and opportunities to get involved with our work - straight to your inbox every month. Visit our website or scan the QR code to get started.



Follow @TASCharity on social



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 a counsellor to talk about coping techniques and to help with his PTSD. Robert is now feeling much more in control and living life to the full.

"TASC's services were second to none and I would 100% recommend them to any of my colleagues."



Demand for TASC's services grows by 30% every year, and the number of people we help has doubled since the start of the pandemic.

Last year TASC was contacted **7,700 times** by people wanting to access our services. However the ongoing crisis has made our financial position more difficult than ever - the money raised from external grants to directly support mental health has fallen by **87%** in the past year.

As an independent charity, we receive no financial support from the NHS or ambulance services to provide our general services.

We need your help

We rely on your support to ensure our services are sustainable and that our lifesaving ambulance staff receive the support they need. There's so many ways to support us:

- Make a donation at www.theasc.org.uk - just £30 could help provide a person with a year of online support
- Fundraise for us or sign up to a TASC event
- Make TASC your Charity Of The Year

To learn more about how you can get involved with TASC's cause, visit www.theasc.org.uk or scan the QR code. Alternatively, you can email us at: fundraising@theasc.org.uk



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The difference TASC made last year



"TASC has helped me handle
challenging situations and
get back to work."

Leanne, Technician



**152%
increase**

in times we were
contacted by
people wanting
to access support

882

people helped,
2x more than
pre-covid

1

Ambulance Staff
Crisis Phoneline
launched

160 hours

of bereavement
support provided
to the colleagues
and loved ones of
ambulance staff

11

types of mental
health support
provided

2,800

mental
health
sessions



98%

would
recommend
TASC



"Thanks to TASC, I'm not
experiencing flashbacks and
anxiety at work."

Mo, Paramedic

85%

of people who
used our mental
health services
saw an
improvement
in their mental
wellbeing

"I feel more relaxed, focused
and happier both at work
and in my personal life."

Wendy, Paramedic



£3,000

spent sending
injured staff
members to
residential
rehabilitation
facilities to
support their
recovery

512

financial
guidance
sessions



3,786

self-care
interventions
accessed

**63%
reduction**

in trauma
symptoms



**44%
reduction**

in anxiety and
depression



£24,000

given in TASC
grants for people
struggling

"My caseworker was brilliant;
nothing was too much
trouble. Thank you TASC."

Alexa, Dispatcher



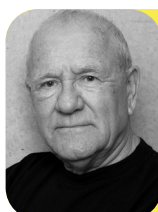
12%

of the people
who contact
us just want to
talk to someone
about their
struggles



1

National
Ambulance
Memorial Service



"TASC basically saved my
life. I am alive because TASC
answered the phone."

Martyn, Paramedic

People who accessed our
financial services were

£510 a month better off

531

calls to our
Ambulance Staff
Crisis Phoneline

254

programme sessions
for people experiencing
suicidal thoughts

