

Last year
we helped

410

people in crisis, during
some of the worst
times in their lives.



**THE
AMBULANCE
STAFF
CHARITY**

24/7 Ambulance Staff Crisis Phonenumber

Independent and confidential support for
UK ambulance staff experiencing suicidal thoughts

Call 0300 373 0898

www.theasc.org.uk/crisis

Not in a crisis but still need support?
Call 02477 987 988



Run by qualified
counsellors with
experience of
helping blue light
workers

