



**THE  
AMBULANCE  
STAFF  
CHARITY**

Caring for those who care for us



# 24/7 Ambulance Staff Crisis Phoneline

Independent and confidential support for  
UK ambulance staff experiencing suicidal thoughts

**Call 0300 373 0898**



Completely  
independent



Private and  
confidential



Run by qualified  
professionals



Experienced in  
supporting  
blue light staff

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

Not in a crisis but still need support? Call 02477 987 922

**410** Last year this service helped 406 people in crisis,  
during some of the worst times in their lives