



**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

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

800 people helped during some of the worst times in
their lives since 2022