



**THE
AMBULANCE
STAFF
CHARITY**

Caring for those who care for us



24/7 Ambulance Staff Crisis Phonenumber

**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

611 ambulance workers thinking about suicide have accessed
professional support through the phonenumber since 2022