



AMBULANCE SERVICE SPECIFIC:

TASC: the ambulance staff charity

- the leading UK charity providing support to all currently serving and retired ambulance staff, their families, and ambulance service volunteers
- dedicated to supporting the mental, physical and financial wellbeing of the ambulance community
- services include counselling, support with trauma and PTSD, physiotherapy, debt advice, financial grants, bereavement support and general wellbeing advice
- 0800 1032 999 (open from 10am-4pm every day); email: support@theasc.org.uk www.theasc.org.uk



GENERAL:

Mind - for better mental health

- for information and sign-posting
- 0300 123 3393 (9am – 6pm, Mon-Fri); www.mind.org.uk

Samaritans

- to talk, for someone to listen, space to be yourself
- 116 123, (24/7); for the Welsh language line, 0808 164 0123 (7-11pm); email: jo@samaritans.org www.samaritans.org

Health and wellbeing support for ambulance service employees, volunteers and their families

This page is intended to help you identify how you can access the support you might need – today, tomorrow or in the future. The resources outlined are in addition to local supports that will be available to you directly via your ambulance trust, be that human resources, occupational therapy or a specific health and wellbeing hub or service.



NHS:

For all NHS staff

- text FRONTLINE to 85258
- listening line: 0300 131 7000 (7am-11pm)
- bereavement and loss support: 0300 3034434 (7am-11pm)
- www.people.nhs.uk



COVID-19 - SPECIFIC:

LLTTF: living life to the full

- advice and resource for those working in health and social care during a coronavirus epidemic and their families including looking after your mental and physical health
- free access to LLTTF plus courses until 30 June 2020: www.lltff.com/corona; free access code: nhsstaff

Oxford centre for anxiety disorders and trauma

- 7 evidence-based tools for frontline staff - to support your health and wellbeing in the short and long-term; it will also help you to spot when you may need a little extra help and how to access it
- www.oxcadatresources.com/covid-19-resources/

Coping with stress associated with COVID-19 - a message to all NHS staff

- a short video produced by our colleagues at University College London; the team has targeted this at the ambulance service as well as the acute sector to help alleviate the considerable pandemic related stress and anxiety that many of our frontline staff are experiencing
- www.youtube.com/watch?v=WFWvkjJ755Y&feature=emb_title



info@aace.org.uk



www.aace.org.uk

Bringing together skills, expertise and shared knowledge in UK ambulance services