



- counselling, support with trauma and PTSD, physiotherapy, debt advice, financial grants, bereavement support and general wellbeing advice
- email: support@theasc.org.uk; freephone number: **0800 1032 999** (open from 8am - 6pm, Mon - Fri) www.theasc.org.uk



- 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** (7am - 11pm); email: jo@samaritans.org www.samaritans.org

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

We want to help you access any support you might need – today, tomorrow or in the future. These supports are in addition to what is available at a trust-level through human resources, occupational therapy or a specific health and wellbeing hub or service.



For confidential support by phone:
General: 0800 06 96 222 (7am - 11pm)



For confidential support by phone:
Bereavement: 0300 303 4434 (8am - 8pm)



For support by text message
Text 'FRONTLINE' to 85258 (24/7)



For wellbeing support apps visit:
www.people.nhs.uk



info@aace.org.uk



www.aace.org.uk

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