

## TASC IS A NATIONAL CHARITY DEVOTED TO IMPROVING THE LIVES OF THE PEOPLE IN THE AMBULANCE COMMUNITY.

### SUPPORTING YOUR MENTAL HEALTH

We offer a range of confidential mental support services tailored to your specific needs, including stress and Post Traumatic Stress Disorder (PTSD). If you require counselling, we can arrange for you to meet a local professional for one-to-one talking therapy sessions.

If you need more intensive support, we may also be able to provide funding for you to receive psychological support and wellbeing therapies in a residential setting.

### RUTH, HART PARAMEDIC

*"TASC saved my life and my career, and more people need to know that TASC is there to help."*



### HERE FOR YOU IN DIFFICULT MOMENTS

When someone passes away, it can be a very traumatic time for their family.

At TASC, we can offer bereavement support to the families of ambulance staff who have passed away during their service or after they have recently left due to a terminal illness.

### HELPING YOU RECOVER FROM INJURY

If you're injured in the line of duty, or have an injury or condition worsened by your work, we can provide funding for up to ten physiotherapy sessions with a local therapist.

We also work with the Police Treatment Centres and The Fire Fighters Charity to provide physical rehabilitation in a residential setting for people requiring more intensive or specialist support.

We may also be able to provide funding for members of our ambulance community who were not injured in the line of duty but still need physical rehabilitation e.g. for a long-term illness or condition.

### ANDY, RETIRED

*"TASC's support has made a huge difference to my quality of life."*



### HELPING GET YOUR FINANCES ON TRACK

If you're experiencing financial difficulty, we can put you in touch with free professional debt management services who will work with you and your creditors to find solutions.

During times of particular hardship, we may also be able to support you with a financial grant. In the past we have provided grants for household bills and disability equipment, and we will consider all requests for financial support.

Please note that financial support is not currently available to volunteers.

### FREQUENTLY ASKED QUESTIONS

#### Can I refer someone to you?

Yes, as long as you have their permission.

#### How long do applications take?

We try and respond within five working days, usually by phone. If no contact is made after two attempts, we'll close the case and you'll have to reapply for support.

#### Do I have to tell my employer I'm working with you?

No. TASC's services are independent and confidential and you don't need to tell your employer you are receiving services from us.

#### Will you notify my employer?

Absolutely not. We are completely independent and confidential.

#### If I am given financial assistance, do I have to pay it back?

No, any support provided by TASC is free of charge with no need for repayment.

However, if your circumstances change and you wish to give something back to TASC, you can make a donation at: [www.theasc.org.uk/donate](http://www.theasc.org.uk/donate) or register to become a volunteer at: [www.theasc.org.uk/volunteer](http://www.theasc.org.uk/volunteer)

#### I am a volunteer in an ambulance service, would TASC be able to support me?

Yes, if you have been an active volunteer in a UK ambulance for at least three years we can provide psychological support and physical rehabilitation.

## WHO WE CAN SUPPORT

- **Anyone working for an NHS ambulance service in the UK**

Not just for frontline staff, we can also help maintenance staff, admin, dispatchers and cleaners, to name a few. To be eligible for support, you must have worked for an ambulance service for at least 12 months.

- **Anyone working for a CQC registered UK independent ambulance service**

Examples of people we can help include patient transport workers, ambulance drivers and back office staff. To be eligible for support, you must have worked for an ambulance service for at least 12 months.

- **Anyone who has previously worked for an NHS or CQC registered ambulance service, including retirees**

To be eligible for support, you must have worked for an ambulance service for at least 12 months.

- **Close family members of people who are working, or have worked, in an NHS or CQC registered ambulance service**

Close family members include partners, parents, children and other dependents. To be eligible for support, you must be a family member of someone who has worked for an ambulance service for at least 12 months.

- **Current volunteers working for a UK ambulance service, including St John Ambulance**

Volunteers include Community First Responders (CFRs) and patient transport service. To be eligible for support, you must be an active volunteer with at least three years volunteering experience in a UK ambulance service.

## SUPPORT TASK

Please help us continue to be there for the people who need us:

- Make a donation. Text **AMBULANCE to 70085** to donate £3 (plus a std rate msg.)
- Fundraise for us. More information, including details of our charity spaces at upcoming events, is available at: [www.theasc.org.uk/support-us/fundraise](http://www.theasc.org.uk/support-us/fundraise)

## GET INVOLVED!

Volunteers are at the heart of what we do, helping us to reach and support more of the ambulance community. As a TASC volunteer, you can use your talent and experience to help make a real difference to the work we do, and maybe even help change someone's life. Learn more at: [www.theasc.org.uk/volunteer](http://www.theasc.org.uk/volunteer)

## CONTACT US

 0800 1032 999

 [support@theasc.org.uk](mailto:support@theasc.org.uk)

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

## FOLLOW US ON SOCIAL MEDIA

 @TASCharity and @TASCsupport

 [www.facebook.com/TASCharity](http://www.facebook.com/TASCharity)

 [www.linkedin.com/company/TASCharity](http://www.linkedin.com/company/TASCharity)



SUPPORTING AMBULANCE  
STAFF AND THEIR FAMILIES  
IN TIMES OF NEED

# SUPPORTING THE AMBULANCE COMMUNITY

## TASC'S SUPPORT SERVICES

Registered Charity No. 1163538 / SCO46384  
Leaflet code LES01