



Useful Mental Health Contacts



The Ambulance Staff Charity (TASC)

TASC is for colleagues and families of colleagues who need advice or support.

Telephone: **0800 1032 999**

Email: support@theasc.org.uk

Unmind

Unmind is a site that offers free access to NHS colleagues with a variety of mindfulness, meditation and yoga sessions.

<https://home.unmind.com>

Our Frontline

Direct access for emergency service workers through Our Frontline.

<https://www.samaritans.org/how-we-can-help/workplace/our-frontline/>

Samaritans

Telephone: **116 123** (free 24 hours a day)

Email: jo@samaritans.org

www.samaritans.org

Mind

The leading mental health charity available with online resources for support, personal advice and assistance.

Telephone: **0300 123 3393**

Text: **86463**

www.mind.org.uk/information-support/helplines

Our NHS People

Telephone support service for NHS staff.

Confidential support by phone on:
0800 06 96 222 (7am-11pm)

Shout UK

Heads Together provide SHOUT with differing helplines to meet a variety of mental health needs.

Shout Text Response: **85258**
(text the word SHOUT)

www.headstogether.org.uk/get-support/

www.ambulanceLGBT.org



National Ambulance LGBT Network



@NatAmbLGBTUK