

Wellbeing Resources for Ambulance Trusts

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NHS

**West Midlands
Ambulance Service**
University NHS Foundation Trust

Occupational Health support provided via Team Prevent, referral via line manager.

Self-refer to our in-house qualified Psychotherapists via

mentalwellbeing@wmas.nhs.uk

[Mental Health Practitioner Service | WMAS Wellbeing](#)

Further funded counselling sessions are available to those who need more in-depth support

Chaplain – Vanetta Griffiths

Email: vanetta.griffiths@wmas.nhs.uk

The Ambulance Staff Charity (TASC)
24/7 Crisis Line: 0300 373 0898

Confidential volunteer peer-to-peer Staff Advice and Liaison Service (SALS) is easily accessible across the Trust, and telephone support is available 24/7 on **01384 215880**

Self-help and signposting information is available 24/7 on the Trust's intranet Health & Wellbeing pages.
[WMAS Wellbeing | Health and Wellbeing](#)

Qwell – Anonymous access to a wealth of wellbeing information, self-help tools, read and contribute to a moderated anonymous peer support forum, and the facility to have a 1-2-1 online appointment with a mental wellbeing practitioner. Register now at qwell.io/wmas



East Midlands Ambulance Service
NHS Trust

For support at EMAS, contact:

- Employee Assistance Programme 24/7
confidential helpline
0800 028 0199

- EMAS Staff Support
Chaplain/Peer-to-Peer/Pastoral Care
Workers
Tel: Rev Kevin Charles on **0781 594 5405**
Email: kevin.charles@emas.nhs.uk
Peer2PeerNetworkGroupMembers@emas.nhs.uk

- EMAS Trauma Risk Management (TRIM)
Tel: Rev Kevin Charles on **0781 594 5405**
Email: TRiMco-ordinator@emas.nhs.uk

- Our website address for all details
relating
to staff Health and Wellbeing can be
found at
www.emas.nhs.uk

Take the first step, let's talk.



NHS

**South Central
Ambulance Service**

NHS Foundation Trust

At SCAS, contact your line manager
or the Health and Wellbeing team:

HWBETeam@scas.nhs.uk

who will be able to signpost you.

You can also contact:

TRiM: TRiMCo-ordinators@scas.nhs.uk

(email operational 24/7)

Optum: www.livewell.optum.com

0800 282 193 (24/7)

Log on to our staff wellbeing portal
for mental health advice and contacts:

<https://www.sca.nhsbenefits.net/>

You can contact the employee assistance
programme:

Health Assured – Telephone –

[08000280199](tel:08000280199) healthassuredeap.co.uk

or

TASC (The Ambulance Service Charity)

[0300 373 0898](tel:03003730898) (24/7)

enquiries@theasc.org.uk



East of England Ambulance Service

NHS Trust

The numbers for support for EEAST staff are:

Kays Medical Crisis Line
0808 196 2370 (24/7)

Kays 24-hour Employee Assistance Programme
0151 459 9711 (24/7)
Ohgeneral.enquiry@eastamb.nhs.uk

You can also contact:

TRiM (Trauma Risk Management):
TRiM@eastamb.nhs.uk

TASC (The Ambulance Service Charity)
0300 373 0898 (24/7)
enquiries@theasc.org.uk

Email the Health & Wellbeing Team on:
wellbeing@eastamb.nhs.uk

The EAST24 Wellbeing Hub
<http://east24/Support-services/HR/wellbeing.htm>



For support at NEAS contact NEAS Occupational Health via emailing
occupational.health.referrals@neas.nhs.uk

or calling **0191 430 2062**



London Ambulance Service

NHS Trust

For confidential support at LAS, you can contact

The LAS Wellbeing Hub (0800-1800 Mon-Sun)
Londamb.laswellbeinghub@nhs.net
0203 162 7554

24/7 Optima EAP line **0800 0214 155**

TRiM Email:

londamb.trimconsultations@nhs.net

The Ambulance Staff Charity 24/7 Crisis Line:
0300 373 0898

The NHS Mental Health Hotline, staffed by the Samaritans (7am-11pm, Mon-Sun)
0300 171 3000 or text **FRONTLINE** to **85258**
for 24/7 support

or visit the 'Wellbeing Hub' section on the PULSE where there are contact details and information about people who can help you.



NHS
Yorkshire
Ambulance Service
NHS Trust

For Support at YAS please contact:

Optima Health - Help
Employee Assistance
Programme (EAP)
Tel 24/7: 0800 0116 738

Optima Health –
Occupational Health
Our core OH service for
contracted staff
Management referral in
the first instance. However
any enquiries can call **0800
0116 737 (Mon-Fri office
hours)**

YAS Peer Supporters
Peer Supporters can be
contacted directly.
Their details can be found
in the Health and
Wellbeing **Pulse page**
within the **Mental
Wellbeing – Internal
Support section**.
Or they may be advertised
on local stations.

YAS Trauma Risk
Practitioners
Where a need for a
Trauma Risk Practitioner
has been identified, a line
manager can request
support via the PIC
process.

Ascenti
The Trust's physiotherapy
services
Telephone for self-referral:
01329 448815

Further Information and
Support
All support in relation to
HWB can be found on YAS
intranet site, which
includes internal support,
external support,
materials, recordings, YAS
App etc.
**Visit Pulse – Health and
Wellbeing**



Northern Ireland Ambulance Service
Health and Social Care Trust



For immediate, free and confidential support 24/7 at NIAS, call **Inspire Workplaces on 0808 800 0002.**

NIAS Inspire Workplace Hub can be accessed at **inspiresupporthub.org**. NIAS Pin/password is available from the NIAS Wellbeing team.

For general health and wellbeing Information and programmes, contact the Health and Wellbeing Project team during office hours. **Phone number and email can be found on the NIAS Directory on SharePoint.**

For support for you or a colleague following an incident contact the **Peer Support team 7 days a week confidentially**: Contact phone number and email on the NIAS Directory on SharePoint.



GIG
CYMRU
NHS
WALES

Ymddiriedolaeth GIG
Gwasanaethau Ambiwylans Cymru
Welsh Ambulance Services
NHS Trust

How to access immediate support,
and information about all our
wellbeing services can be found at:

www.wastkeptalking.co.uk

0800 028 0199 free confidential helpline
24/7

A 24 hour helpline from Health Assured.



The SWASFT Staying Well Service:

Provides mental, physical and social wellbeing support:

Email:
stayingwellservice@swast.nhs.uk

Tel: 0300 369 0141
Mon to Fri 9am-5pm.

Outside these times, leave name and number for a call back within one working day.

For immediate support:

- See our **Self-Help Resources on the intranet**
- **Call Samaritans on 116 123**
- **Call the 24/7 Employee Assistance Programme, Health Assured on 0800 028 0199 to speak with a trained counsellor.**

You can also download the **My Healthy Advantage health and wellbeing App** from your App store where you can access virtual support and wellbeing programmes, the code you will need to enter to log in to the app is **MHA178507.**



NHS 75

**South East Coast
Ambulance Service**
NHS Foundation Trust

Contact the **SECAMB Wellbeing Hub**
Tel: **0300 123 9193** (Mon-Fri 0900-1700)
Email: wellbeinghub@secamb.nhs.uk

Out of Hours: **Samaritans 116 123**

Self-refer to our in-house Mental Health Practitioners via
wellbeinghub@secamb.nhs.uk.

Further funded counselling sessions are available to those who need more in-depth support post assessment.

Peer support through one of our **Mental Health First Aiders**

Your Mind Matters Pocket Card.

The card has been specifically developed based on the Association of Ambulance Chief Executives (AACE) mental health approach and has been designed so that you can keep it on you - in your wallet, purse or uniform pocket - allowing you to refer to it when you need it.



NHS

North West
Ambulance Service

NHS Trust

For support at NWAS, please contact:

**Occupational health – counselling
service**

Tel: **0161 419 5677/5491**

Email: NWASOH@Stockport.nhs.uk

Please visit the **Invest in Yourself
pages on the NWAS Intranet**

or e-mail:

health.wellbeing@nwas.nhs.uk

All support contacts can be found on the
Staff APP too



NATIONAL AMBULANCE SERVICE IRELAND

Call the **National Ambulance Service**
Staffcare 24/7 Staff Counselling Careline:
1800 409388

For regional EAP support information
visit:

tinyurl.com/contactyourEAP

tinyurl.com/ContactEACSSupport



**Scottish
Ambulance
Service**
Taking Care to the Patient



For support at SAS, you can contact:

Crisis or Immediate Help & Support
(Free, Independent & confidential)

The Ambulance Staff Charity
(TASC) Crisis Line 0300 373 0898
(Available 24/7)

Samaritans 116 123 (Available 24/7)

Health & Wellbeing Help & Support
(Free & Confidential)

Occupational Health – health or work related health issues
0131 275 7890 (Available Mon-Fri 9-5pm with voicemail out with these hours)
Email:
nss.sasoccupationalhealth@nhs.scot

Help Employee Assistance Programme – counselling service
0800 032 9849 (Available 24/7)
Website for information & resources
<https://sgcp.helpeap.com/>

TASC – Mental, physical & financial support
02477 987 922 (Wellbeing Support Team available Mon-Fri 9-5pm)
Email: **support@theasc.org.uk**

SAS Wellbeing Team – for support, guidance & signposting to further help
Email: **sas.wellbeing@nhs.scot**