



You're not alone



Need confidential advice on mental health?

Contact the confidential Blue Light Infoline for helpful information, advice and signposting to local support services for you or a team-mate. Our trained advisors can listen to your concerns and provide advice for ambulance services to help you stay well for your role.

Call 0300 303 5999*

Email bluelightinfo@mind.org.uk

Text 84999

*9am – 6pm, Mon to Fri, calls charged at local rates

mind.org.uk/bluelight

 **mind**
for better mental health