



Ambulance staff have been through so much during the pandemic. With so many people struggling, it can be easy to think your issue isn't serious enough to need help. Support is there for when you need it.

Find information and support at
mind.org.uk/blue-light-information



“There is nothing wrong with admitting to being mentally unwell. But there is everything wrong with not asking for help if you aren't coping.”

Ben, emergency dispatcher