



Compassionate  
and  
confidential

"The nurse from  
RedArc has been a  
great support to me.  
I've been able to pour  
my heart out to her  
and felt her strength  
through the phone."

**Police Sergeant**



## Supporting you and your family in times of need

Life can be tough at times and we all need a little help along the way.

Whether it's coping with bereavement, serious physical or mental-health problems, disability, trauma, post-hospital care or dealing with long-term elderly concerns it can mean a lot to talk things through with someone who understands.

That's what our new Care Line funded by the Police Mutual Foundation is there for. We provide nurse-led advice services at the end of the phone - exclusively available to serving and retired police officers, support staff and family members.

### Personal Nurse Advisers

You'll be able to talk to a specially trained Personal Nurse Adviser who can offer advice on all manner of health issues you may have as well as those of your loved ones. They are all highly-qualified nurses with a wide range of medical knowledge.

Your Personal Nurse Adviser will be available for you by telephone, providing information and support as long as you need it. Where appropriate, they can arrange additional services like counselling or therapy. It's a highly-personalised service, tailored to your individual needs.

All calls, of course, will be handled with compassion and any information you give will be treated in the strictest confidence.

To arrange a call with a Personal Nurse Adviser:

**1. Call 01543 305266**

**2. Email [careline@pmas.co.uk](mailto:careline@pmas.co.uk)**

**We're open from 9.00am – 5.00pm Mon – Fri**

Any messages will be answered as quickly as possible.