



AMPARO
support following suicide

AMPARO CAN SUPPORT YOU FOLLOWING A SUICIDE IN A RANGE OF WAYS.

- One to one **individual support**
- Help with any **media enquiries**
- **Practical support** when dealing with the Police or Coroner
- Help overcoming **feelings of isolation**
- Putting you in touch with **local services** that can help



0330 088 9255



amparo.service@listening-ear.co.uk



@AMPARO_LEM



amparo.co.uk



USEFUL CONTACTS

PAPYRUS  **0800 068 41 41**

papyrus-uk.org

Prevention of Young Suicide

SOBS  **0300 111 5065**

uksobs.org

Survivors of Bereavement by Suicide

CALM  **0800 58 58 58**

thecalmzone.net

Campaign Against Living Miserably

SAMARITANS  **116 123**

samaritans.org

A safe place for you to talk any time you like