



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](https://twitter.com/AMPARO_LEM)



www.listening-ear.co.uk/amparo

Useful Contacts

PAPYRUS  **0800 068 41 41**

Prevention of Young Suicide

SOBS  **0300 111 5065**

Survivors of Bereavement by Suicide

CALM  **0800 58 58 58**

www.thecalmzone

Campaign Against Living Miserably

SAMARITANS  **116 123**

A safe place for you to talk any time you like



LISTENING EAR
someone to talk to