



AMPARO
support following suicide

can offer immediate pre-inquest
support following a possible suicide



One to One individual support



Help with any media enquiries



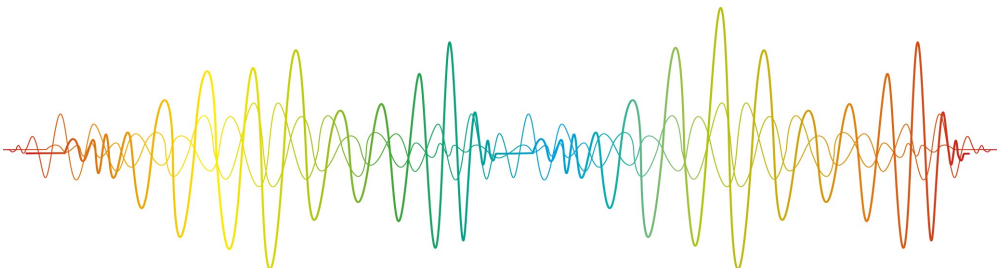
Practical support dealing with Police and
Coroners



Help overcoming the isolation experienced



Contacting and signposting to local services



LISTENING EAR
someone to talk to

Charity No. 1117324 Company No. 5999650

Contact AMPARO:



Telephone
0330 088 9255



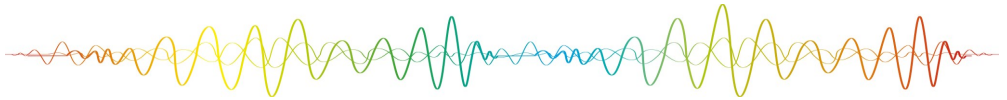
Email
amparo.service@listening-ear.co.uk



Twitter
@AMPARO_LEM



Web
listening-ear.co.uk



Useful contacts:



PAPYRUS
Prevention of Young Suicide
0800 068 41 41



SOBS
Survivors of Bereavement by Suicide
0300 111 5056



CALM
Campaign Against Living Miserably
0800 58 58 58 www.thecalmzone.net



SAMARITANS
A safe place to talk any time you like
116 123