



AMPARO
support following suicide

can offer immediate pre-inquest
support following a possible suicide



One to One individual support



Help with any media enquiries



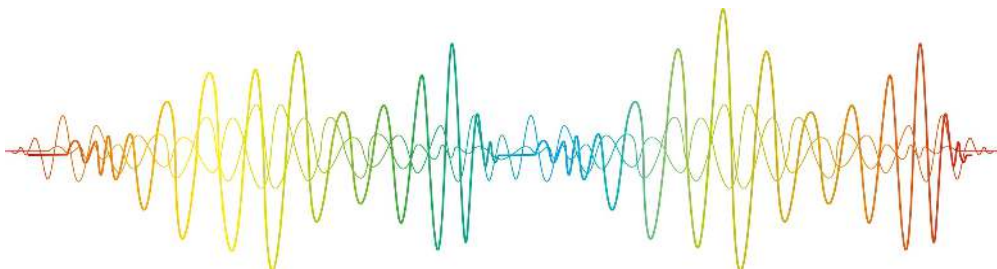
Practical support dealing with Police and
Coroners



Help overcoming the isolation experienced



Contacting and signposting to local services



LISTENING EAR
someone to talk to

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