



# 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](mailto:amparo.service@listening-ear.co.uk)



[@AMPARO\\_LEM](https://twitter.com/AMPARO_LEM)



[www.listening-ear.co.uk/amparo](http://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](http://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