Amparo can offer you support 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

Useful Contacts

PAPYRUS 0800 068 41 41
Prevention of Young Suicide

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

SOBS 0300 111 5065
Survivors of Bereavement by Suicide

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