



Find out more about AMPARO and
Listening Ear's other counselling and
therapy services by visiting
www.listening-ear.co.uk



0330 088 9255



amparo.service@listening-ear.co.uk



@AMPARO_LEM






Amparo can offer you support following a suicide in a range of ways, including:

- ✿ 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

Useful Contacts


PAPYRUS

Prevention of Young Suicide

 **0800 068 41 41**

SOBS

Survivors of Bereavement by Suicide

 **0300 111 5065**


CALM

Campaign Against Living Miserably

 **0800 58 58 58**
www.thecalmzone.net

SAMARITANS

A safe place for you to talk any time you like

 **116 123**