



**AMPARO**  
support following suicide

can offer immediate pre-inquest  
support following a possible suicide



One to One individual support



Help with any media enquiries



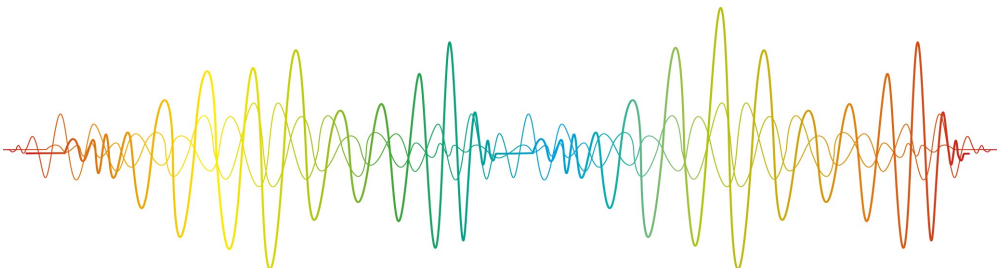
Practical support dealing with Police and  
Coroners



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**



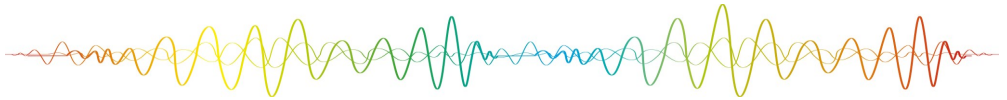
**Email**  
**amparo.service@listening-ear.co.uk**



**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](http://www.thecalmzone.net)



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