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
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