



AMPARO
support following suicide

Have you been bereaved by suicide?

AMPARO—support following suicide—can help.

We provide:

- 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

0330 088 9255



Champs
Public Health
Collaborative



LISTENING EAR
someone to talk to