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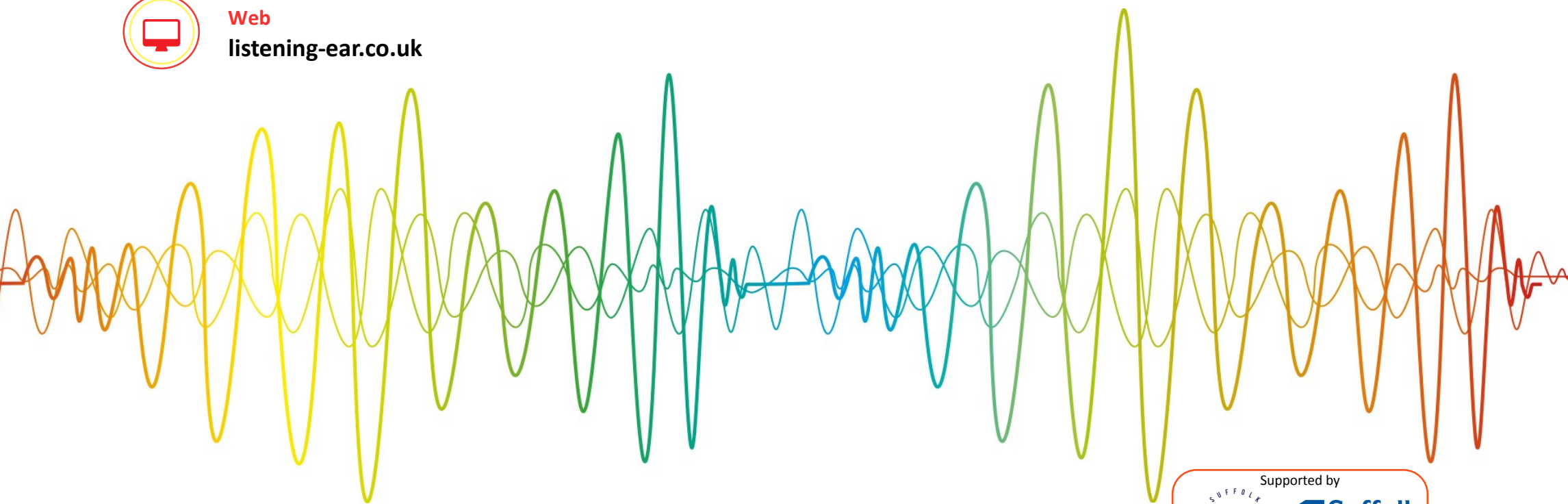
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AMPARO
support following suicide
SUFFOLK



Charity No. 117324

Company No. 5999650








LISTENING EAR
someone to talk to

Supported by





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

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

