

Amparo can help you following a suicide by offering:

Practical support when dealing with the Police, Coroner or the media



Help with coping with - and overcoming - feelings of isolation or being alone



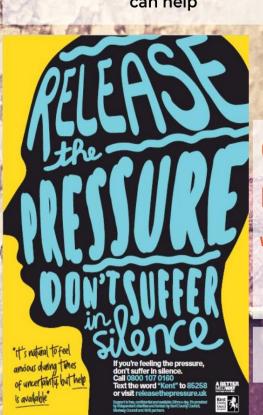
Skills to build your confidence and self-esteem



One-to-one support at a time and pace that suits you, for as long as you need it



Contact with local services that can help





amparo.service@listening-ear.co.uk

