



AMPARO
support following suicide

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



RELEASE
the
PRESSURE
DON'T SUFFER
in
silence

"It's natural to feel anxious during times of uncertainty, but help is available"

If you're feeling the pressure, don't suffer in silence.
Call 0800 107 0160
Text the word "Kent" to 85258
or visit release.thepressure.uk

A BETTER MENTOR
Kent County Council

0330 088 9255

amparo.service@listening-ear.co.uk

amparo.org.uk

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LISTENING EAR
someone to talk to

www.listening-ear.co.uk