

Introduction to Amparo

Amparo provides practical and emotional support to individuals and families who may have been bereaved by suicide. We are a free service available to anyone in Kent and Medway and are provided by an independent charity.

1 Please get in touch

If you would like to discuss how we may be able to help you (for free) please call us on [03300 889255](tel:03300889255), or visit our website to self-refer <https://amparo.org.uk/refer/> Or if you would like us to call you, please let the Coroners Office know that you would like them to refer you to us.

2 Initial contact

Once you have consented to the service, a dedicated worker will make initial contact with you and arrange a convenient time to meet, either 'remotely' or in-person; whichever is best for you.

3 Dedicated support

Your dedicated worker will remain your liaison for as long as you need support, including communicating with the police, coroners and other agencies that you will be contacted by.

Our Mission

Amparo means '*shelter*' or '*safe haven*' in Spanish. We provide free support for anyone affected by suicide.

The aim of the service is to provide you with the practical and emotional support that you may not even realise you need at this very difficult time.

The service operates at your pace and all decisions that you make will be respected.

Our experienced and caring Liaison Workers will listen to your needs and help with anything they can. That could include funeral plans, housing needs, children, finances, pets, dealing with the press, the police or supporting with the inquest process. Every package of support is different and will be tailored to you and your family.

Our service is completely confidential and can provide short-term or long-term support. You can use the service at any stage of your bereavement and the service is not just for 'next of kin'.

Anyone who has been affected by suicide can access free support - we are here for you.

How we have helped

The service has been running since 2015, here are just a few examples of how we have helped support individuals bereaved by suicide:

"I felt cared for and supported, and the support I received was invaluable. I'd have been lost without it."

"I was guided at every step of the way and I felt comfortable asking questions again and again, as sometimes I was struggling to take in information due to the circumstances."

"The liaison worker kept me and mum updated regularly with regards to progress throughout the inquest process."

"A friend when I needed one, who could guide me and support me."

Please get in touch with us at Amparo so we can help you, for free, in this very difficult time.

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AMPARO
support following suicide