

## Suspected Suicide? WHAT support can I provide?

# W

**WEBSITE:** anyone affected by a suspected suicide can be directed to our local [website](#) directory. Local and national bereavement support is broken down by area.



[www.healthierlsc.co.uk/suicide](http://www.healthierlsc.co.uk/suicide)

# H

**HELP IS AT HAND:** a resource that can be carried with you at all times and given to those affected by a suspected suicide - including people who find the deceased.



[supportaftersuicide.org.uk/support-guides/help-is-at-hand/](http://supportaftersuicide.org.uk/support-guides/help-is-at-hand/)

# A

**AMPARO** is a support service for those bereaved by a (suspected) suicide which is available for anyone affected, across the whole of Lancashire.



[listening-ear.co.uk/amparo/](http://listening-ear.co.uk/amparo/)  
[amparo.service@listening-ear.co.uk](mailto:amparo.service@listening-ear.co.uk)  
0330 088 9255

# T

**TIME:** provide those bereaved or affected by suicide with [time](#) to take in the support available. They may not want to look at it or read it while you are there, but please leave it with them.