



Support following death by suicide resources

Samaritons: **Call: 116 123** **Text: SHOUT to 85258**

Lincs Mental Health Helpline: **Call: 0800 001 4331**

Papyrus

PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. PAPYRUS was founded in 1997 by a group of bereaved parents, who had each lost children to suicide. Our founding parents shared core beliefs that suicide is preventable, and that those of us with lived experience of suicide have a valuable and unique contribution to make to the wider conversation around suicide.

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINE247 for confidential support and practical advice

<https://www.papyrus-uk.org/>

Call: **0800 068 4141**

Text: 07860039967

Email pat@papyrus-uk.org

Amparo

Call: **0330 088 9255**

Email: amparo.service@listening-ear.co.uk

web: <https://amparo.org.uk/>

Amparo is completely confidential and can provide short-term or longer-term support, depending on what you feel it is you need – we are guided by you

Support can be provided one-to-one, to family groups, groups of work colleagues – whatever you prefer and is most appropriate to your situation. Amparo is currently offered by telephone or video link, in person, 'walk and talk' or in community venues, wherever you are most comfortable.

The service is not just for 'next of kin' – anyone who has been affected by suicide and is living Lincolnshire in can access Amparo.

Survivors of bereavement by suicide

Call: **0300 111 5065**

Web: <https://uksobs.com/>

We offer a range of support services for adults over 18, these are and are run by our volunteers, the majority of whom have been bereaved by suicide themselves.

Our services can be accessed as often and for as long as you need them. It doesn't matter how long it has been since your bereavement happened or what your relationship was with the person who died. If you feel you have been affected by a suicide and you would like to talk about it, we are here.