

Who was Barbara Bettle?

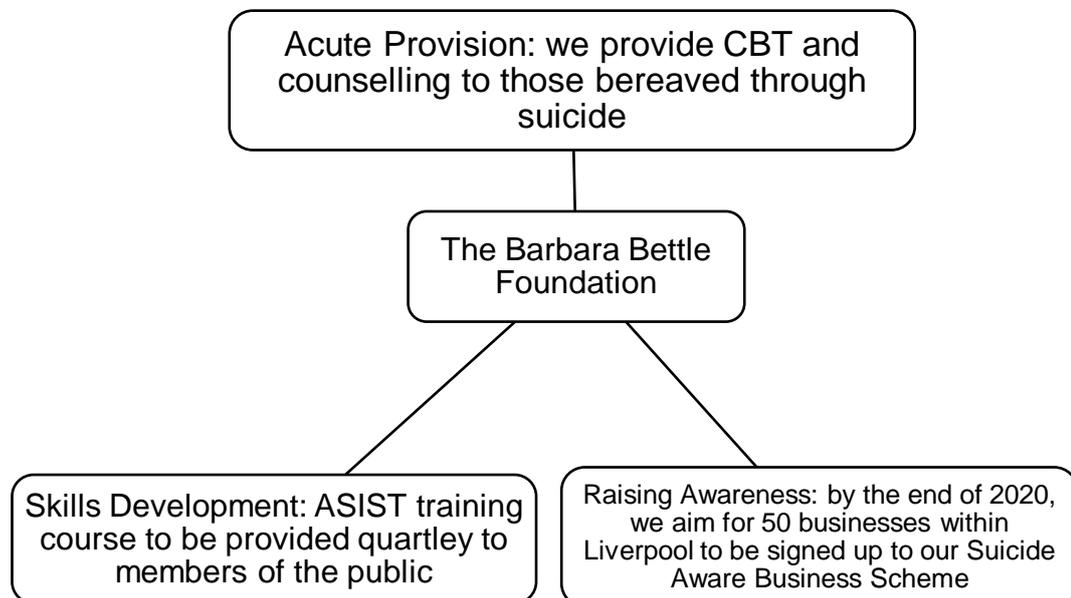
The Barbara Bettle Foundation was founded in 2017. Barbara Bettle was a lovely and valued member of her Liverpool community, with a loving family, daughter and support network. Barbara was an avid Evertonian in full-time employment and a keen volunteer within many organisations. Barbara's death devastated her family, friends and her community.

We believe that bereavement by suicide is a uniquely complex, conflicting and shocking loss, in which adaption to living for those bereaved is extremely difficult.

How can the Barbara Bettle Foundation help?

The Barbara Bettle Foundation aims to support Liverpool community members who have experienced bereavement through suicide. We have utilised research that shows the benefits of prevention, intervention and postvention. We aim to do this by:

- **Prevention:** Raising awareness of suicide within our communities and increasing our community's understanding response to suicide crises via our ASIST workshops.
- **Intervention:** By providing ASIST workshops, we train members of our community with the skills to support those in crises, keeping them "safe for now".
- **The Suicide Aware Mark:** We believe this can be most effective by installing ASIST practitioners within all business sectors. We aim to provide "Suicide Aware" accreditation to businesses who show a commitment to suicide awareness, understanding of suicide, intervention and support after suicide.
- **Postvention:** Providing fully-funded CBT and counselling to those who have been bereaved by suicide.



ASIST Workshops

Please stay in touch.
If you require any further information, please contact:

Email: hannah.sowery@caringconnections.org.uk

Visit: facebook.com/barbarabettlefoundation

Phone: 0151 289 2761

Applied Suicide Intervention Skills Training is a comprehensive, interactive and evidence-based 2-day workshop recognised by the World Health Organisation (WHO). It aims to teach participants skills to recognise and support the immediate safety of people who may be experiencing thoughts of suicide.

- **Who can attend the workshop?**
 - Anyone over the age of 16 can partake in these workshops.
- **How many people will be in workshop?**
 - ASIST workshops work best with a minimum of 20 participants. We can train up to 30 participants per workshop.
- **What resources are included?**
 - Participant booklet
 - Community Helpers handout
 - Certificate of ASIST trained first aid caregiver.
- **Who runs the workshops?**
 - Our therapists, Deborah and Pamela, completed a “Training the Trainers” workshop in 2019. They are LivingWorks registered trainers.
- **How often does The Barbara Bettel Foundation run ASIST workshops?**
 - The view is to run the workshops every 3 months. This may be revised if demand for the workshops increases.

The Suicide Aware Business Mark

We are currently developing our Suicide Aware Business Mark. We aim to train employees with the ASIST workshop, and help business develop mental health support which protects employees’ wellbeing.

The Suicide Aware Mark is a recognition that the organisation is aware, is committed to, and encourages awareness of suicide. This extends from suicide prevention to intervention and postvention. It is the commitment to continued development of understanding of suicide and ways in which to act as responsible employers with employee’s wellbeing and understanding prioritised. Employees can be confident that organisations with this mark have committed to practices that have been shown to reduce the frequency and impact of suicide.

To receive the Suicide Aware Business Mark, businesses should have a minimum of 2 ASIST practitioners within organisations and a mental health policy.

We hope to collaborate with businesses across Liverpool to build a safer community for everyone.

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Feedback from ASIST January 2020 Cohort

'Thank you to the great trainers, made me feel completely included'

'Feeling more prepared to deal with a person who was suicidal'

'I would encourage others to attend this training'

'I feel the skills learnt on this course will help both in my personal and work life'

'I will be more aware of suicide prevention'

'The workshop gave me more confidence in being open minded about suicide'

'I learnt so much valuable information'

'Good balance between practical and theory'

'The workshop was very informative and well delivered'

www.suicideaware.co.uk

Supporting those Bereaved by Suicide

We currently have two therapists who provided integrated Cognitive Behavioural Therapy and Counselling to those bereaved by suicide. Unlike other services, we do not restrict the number of sessions available to people having this therapy, as we believe the complex nature of bereavement by suicide is a unique and highly diverse type of grief.

Watch Maxine's story: <https://www.youtube.com/watch?v=LWnsDCVAHjw>

Thank you

We hope that lives can be saved in Barbara's memory.

The Barbara Bettle Foundation



**Caring
Connections**
Connecting people to quality care



NHS
Liverpool
Clinical Commissioning Group



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