

Suicide Prevention Programme – Wave 4 Workshop 10

11th January 2023 13:45-15:00

Details	Link/Resources
<p>Welcome and introduction Emily Cannon <i>National Collaborating Centre for Mental Health</i></p> <ul style="list-style-type: none"> The aim of these monthly workshops is to bring a learning community together to support each other, discuss issues and share some of our work around suicide prevention. They provide an opportunity to learn from the community, make connections and share resources. Housekeeping was covered. Session is recorded but not going online. Sessions work best when all engaged. 	<p>Please get in touch with NCCMH at Suicide.Prevention@rcpsych.ac.uk if you would like to contact any workshop participants.</p>
<p>Topic 1:</p> <p>Rebecca Moore- GP trainee on public health rotation <i>Warwickshire Country Council</i></p> <p>Question/topic: We are trying to improve the provision of training on suicide prevention for GP trainees in Warwickshire, and are wondering what work is being delivered around the country on this topic?</p> <p>In Warwickshire 75% of GP trainees felt like they needed more training in suicidal prevention. Only 50% of trainees were aware of local and national suicide awareness charities. There is a plan to provide teaching for GP trainees in their protected time on this. It is difficult for GP's to be provided training on this, as they have no protected time. Has there been any interventions around the country to help GP's?</p> <ul style="list-style-type: none"> In East and West Suffolk there has been public health funded suicide first aid training for all GP surgery 	<p>Shining a Light on Suicide: Safety Plan</p> <p>Suicide Risk Assessment: Practical tips for GPs - YouTube</p> <p>Postvention Support Pack for Primary Care in Derbyshire</p> <p>NCCMH Suicide Prevention resources</p>

staff .

- There was also an evening series of webinars for GP's on suicide and suicide prevention. This was out of surgery hours.
- In Sussex, there has been a pilot project called GP mental health fellowships, this scheme is aimed at practicing GP's and ran for two years. The idea behind these fellowships was the GP's would develop and deliver the training on suicide prevention. They would also get the chance to get a qualification in leadership and be trained to develop the training.
 - The master classes which are part of the fellowship programme has meant the GP's on the fellowship have managed to learn a lot about third sector organisations and how public health teams work.
 - This approach is slow but is a different way of trying to improve GP understandings of suicide and suicide prevention.
 - The GP's on this programme are also working with the clinical director in Brighton and Hove to support the after death reviews in GP practices, this helps with further learning
- In Brighton and Hove, there was recognition that GP's did not have enough training on suicide prevention. There was also a need to support everyone working in primary care and in particular, receptionists
 - After a death, reviews have been a key area of learning for GP practices. When a death by suicide occurs, the clinical director reaches out to the GP practice to provide learning and support.
 - There is also work to promote suicide prevention training in GP's. It will be tailored so it is accessible for GP's who are extremely busy. It should be directly relevant. There will be separate offer for different roles across primary care.
- In Derbyshire they first purchased a commercially available package, which was used for primary care and mental healthcare. A host of facilitators were developed to deliver the training. After initial delivery, the feedback was everyone wanted more training on the topic. Derbyshire felt that the commercially available trainings did not quite fit the training needs of the area on this topic. The packages were quite restrictive
 - GP's who delivered the training alongside the ICS decided that there was a need for a customised package that, linked closely self-harm and suicide prevention.
 - Derbyshire are currently creating a series of training packages for the healthcare community.
 - The key learnings in terms of creating and delivering this work is having a group of engaged and passionate people to help shape the training. It has been important to link with the ICS so this training can be rolled out across the entire healthcare community.
 - There has also been development of a postvention guide in Derbyshire.
- The training when created, needs to make sure it engages with the emotional difficulty of losing a patient, and the support available to GP's.
- In Frimley ICB suicide prevention training is being delivered when trainees are ST3, before they go on and take their own independent practice.
- In Frimley the ICB pays for a full afternoon of protected learning. The practices are covered by out of

[GP Academic Fellowships - Sussex Training Hub](#)

hours support. This time can then be used for training on topics such as suicide prevention. Topics covered such as the Berkshire Suicide Review Audit, mental wellbeing and suicide prevention, Berkshire's draft suicide prevention strategy and delivering trauma informed care.

- More GPs are being recruited to deliver training. This is creating a learning network for GP's.

