



Working across Cambridgeshire,
Peterborough and South Lincolnshire

GP Suicide Mitigation Training

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In today's workshop....

- Background
- Partnership Working
- Requirements
- Overview of Training
- Successes and Tricky Issues
- Hopes for the future of project
- Q&A

On a personal level...



Partnership Working

- C&P Suicide Prevention Strategy
- STP funded GP coordinator role
- 1 year, Target 60 GPs (10%)
- Evaluation

Requirements

- Hmmmm.....
- What do they already know?
- Time Poor
- Learn Quickly
- Surgeries are all very different
- No more Protected Learning Time

What were the options?

- Specific Primary Care Training
- Flexible delivery options
- Credibility
- Cost

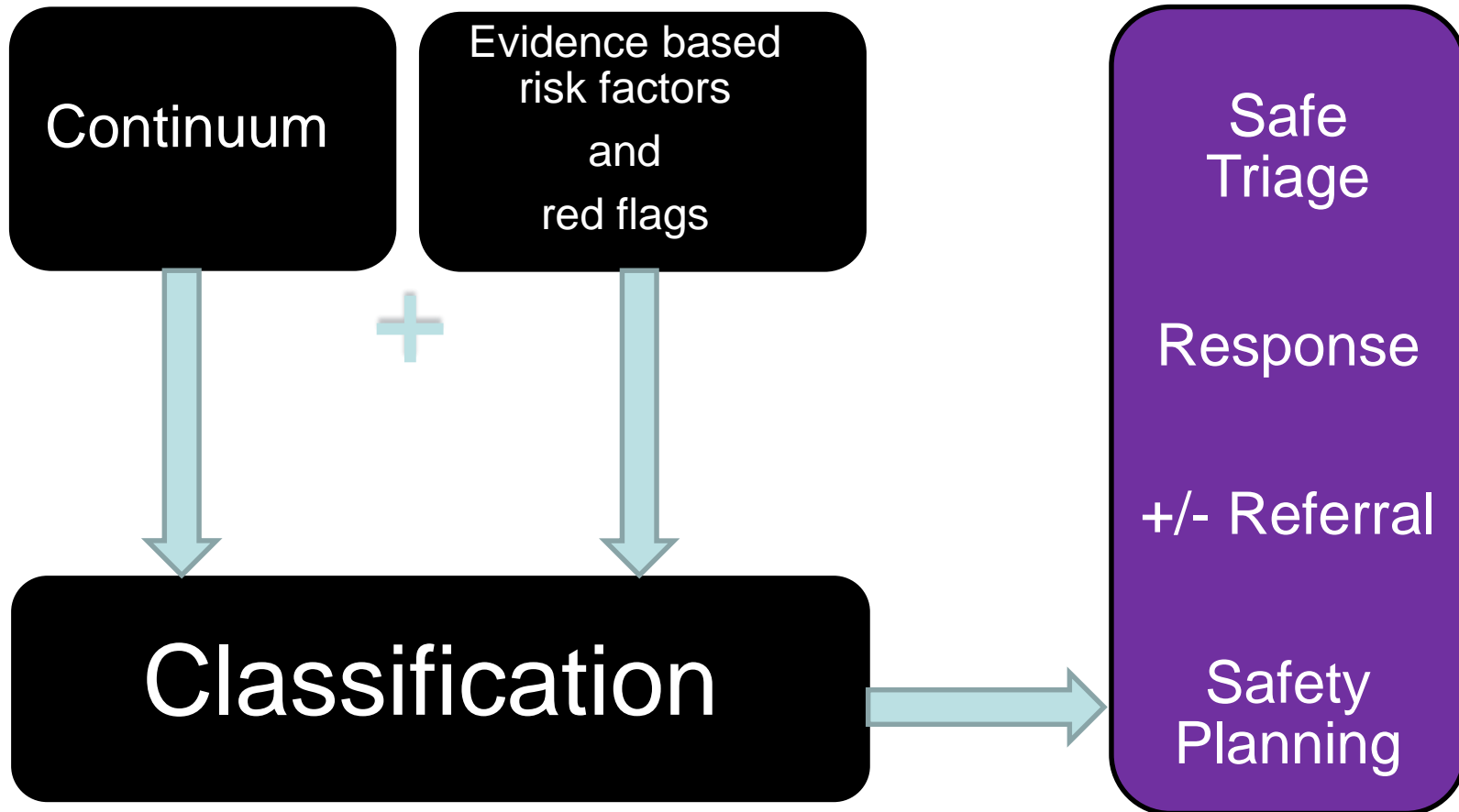
4 Mental Health's - Connecting with People Training

- Clinical Director - Consultant Psychiatrist Dr Alys Cole-King
- Specific suicide mitigation training for primary care
- Informed by evidence based principles, peer reviewed
- Suicide Awareness and Suicide Response Part 1
- Condensed modules 2X1.5hrs
- Co-delivered by a GP
- Train the Trainer
- www.4mentalhealth.com

The Training

- Emphasis on compassionate care
- Parity of esteem with physical health
- Suicidal thinking as a symptom of emotional pain
- Suicidal thinking can be interrupted
- YOU can be that interruption

Connecting with People SAFETool™



Response

- Everyone gets a **co-produced** safety plan
- But level of intervention different
- Emphasis on means reduction and 'safe for now'
- Compassion
- Instilling Hope
- www.stayingsafe.net

Successes!!

- ALL Primary Care staff can be involved
- Since May 2018 **90 GPs** and over **100** other Primary Care staff trained
- Feedback has been excellent

Outstanding:
concise, efficient,
enabling'

Applicable in my
day to day
practice as a GP

Will change my
practice

Benefits

- Encouraging GPs to support patients in surgery – a lot more that they can do
- Common approach between different parts of the system
- Common language and more evidence based= better referrals
- Track movement of classification
- Break stigma and increase understanding of suicidal thinking

Tricky Issues

- Logistics
- System One
- Evaluation after the event
- Future funding
- Other parts of the system.....It ISN'T just GPs
- First Response, ED, Paramedics, Secondary Care

Future Hopes

- ALL GPs need training
- Build a better bank of evidence about what works and learning from each other
- Different parts of the system – handover/thresholds
- Compassion
- **What if everyone had a safety plan.....?**

Questions?

Thanks for your time!



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