

Improving Bereavement and Community Support through Collaborative Working

‘Fulfilling need from a Primary Care perspective’

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The National Suicide Prevention On-line
Conference

Government Events

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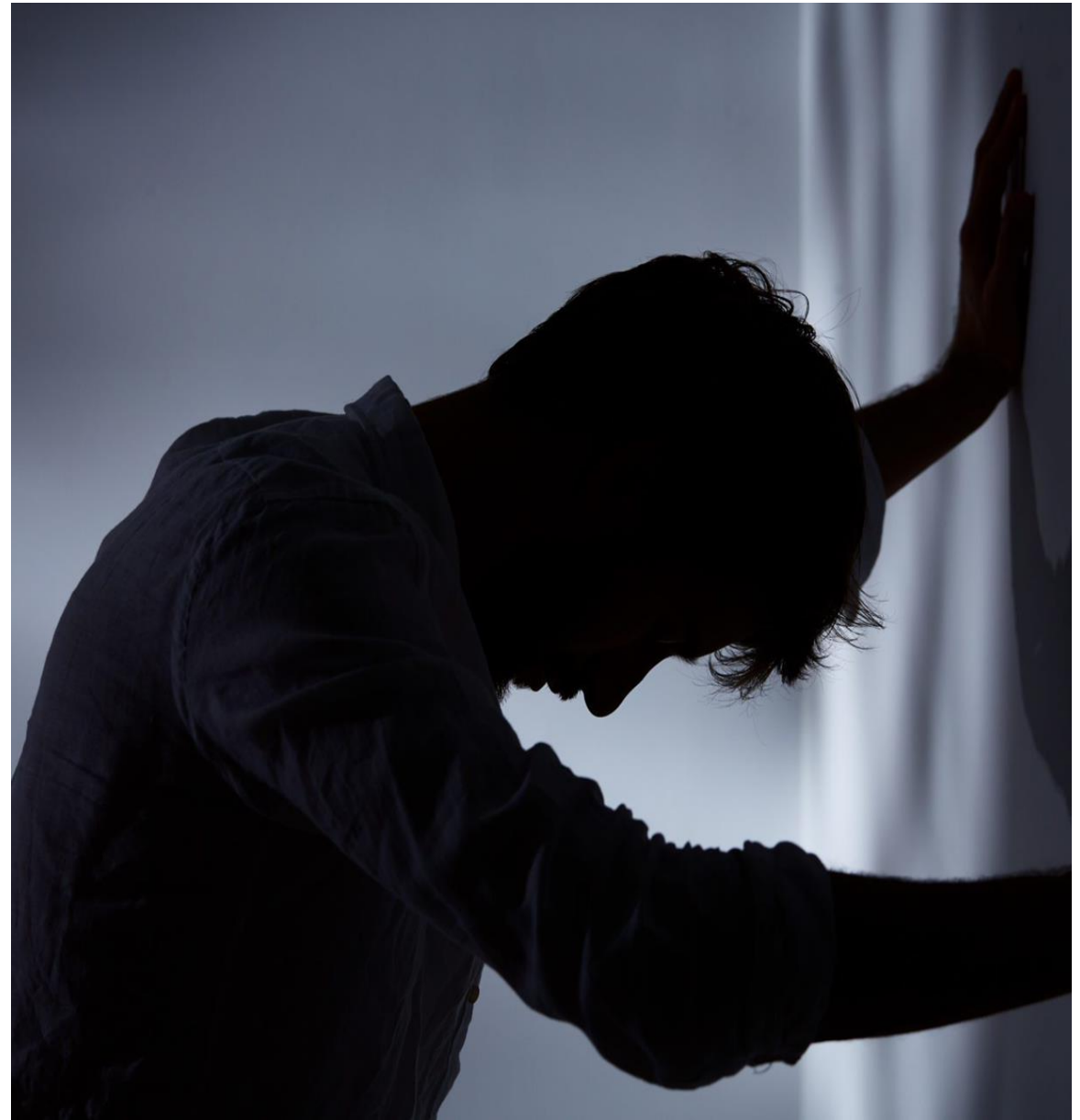
Both the challenges and opportunities for suicide prevention and postvention in primary care are equally great.

A Personal Perspective

'In my practice as a GP over 30 years I have found nothing more difficult than dealing with the aftermath of suicide; facing the grieving family, with a sense of failure to prevent it.'

'However, I have found nothing more uplifting than discovering that I helped someone to stay alive by simply empathetic listening, and offering hope, until the storm passes.'

Dr Sohrab Panday



The role of the GP

GPs workload – up to half a GPs workload is related to mental health issues

Emotional Distress is part of life but also part of illness

Self Harm is one way people find to 'cope' with their emotional distress

Suicide is not a mental illness, and 75% cases are unknown to mental health services

GPs diagnose and manage common mental health conditions

GPs prescribe life saving treatment but vitally must do so safely to avoid iatrogenic harm

GPs provide holistic whole person care throughout a persons' life cycle

Few GPs have received suicide prevention or postvention skills training

'Fulfilling Postvention need from a Primary Care perspective'

Key Principles Postvention and Bereavement from Suicide

Complex Grief– e.g., self-blame; unanswered questions; disbelief

There is a Ripple Effect through the community; copycat attempts

Increased risk of suicide in the bereaved

Bereavement support – timely, proactive, compassionate, expertise

What GPs need to know

The principles of
suicide prevention

Understanding the role
and limitations of risk
assessments

Key Consultation Skills

The essentials of a
personal staying safe
from suicide plan

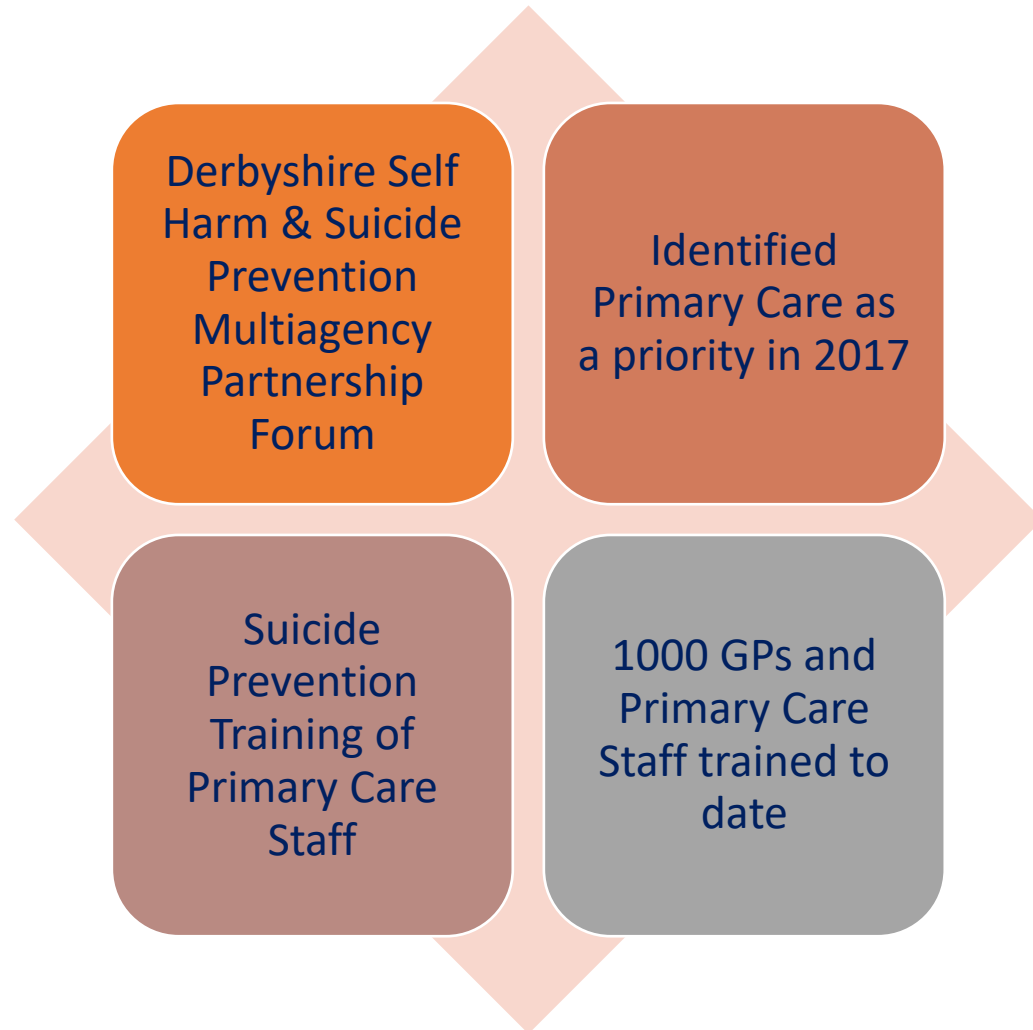
Collaborative Care
Multi-agency
Local Offer

Self Harm
NICE Guidance

Suicide Postvention
Services &
Real Time Surveillance

Self Care
Pastoral Support

A Collaborative Approach to Suicide Prevention & Postvention



Primary Care
Postvention
needs
identified
during
training

The Bereaved – requires fast and effective offer of bereavement counselling

The General Practice – the complex processes, reports and Coroners Inquest

The GP or healthcare worker – the unpredictable sense of failure, and shame

POSTVENTION SERVICE FOR DERBYSHIRE

- Population 1 million
- Commissioned by Public Health
- 100 suicides per year
- Target 300 referrals per annual
- **Support:** individual, groups, social media or email
- **Trend:** increased complexity and suicidality since the pandemic requiring longer therapy
- **In development:** creating an accurate tiered offer of support that is proportionate to individual need.

Postvention Service Progress to date

In the last 12 months

The typical total number of suicides per year for Derbyshire is around 90-100

Primary Care have reported 24 suicides to the CCG/ICS

All practices are then sent the Support Pack & Serious Incident Forms

Primary Care are requested to alert any providers involved in the care of the person

The returns indicated that 10/24 were unknown to MH services

Whereas 14/20 were known to MH or IAPT

The MH Trust inform the Coroner rather than the ICS

Positive feedback from Primary Care, and the Local Medical Committee

The Pack has been promoted widely to increase awareness

Postvention

Postvention Pack can be found on the JUCD website:

[Postvention Support Pack for Primary Care in Derbyshire » Joined Up Care Derbyshire](#)

Or via the Emotional Health and Wellbeing website

[Derby & Derbyshire - Emotional Health & Wellbeing \(derbyandderbyshireemotionalhealthandwellbeing.uk\)](http://derbyandderbyshireemotionalhealthandwellbeing.uk)



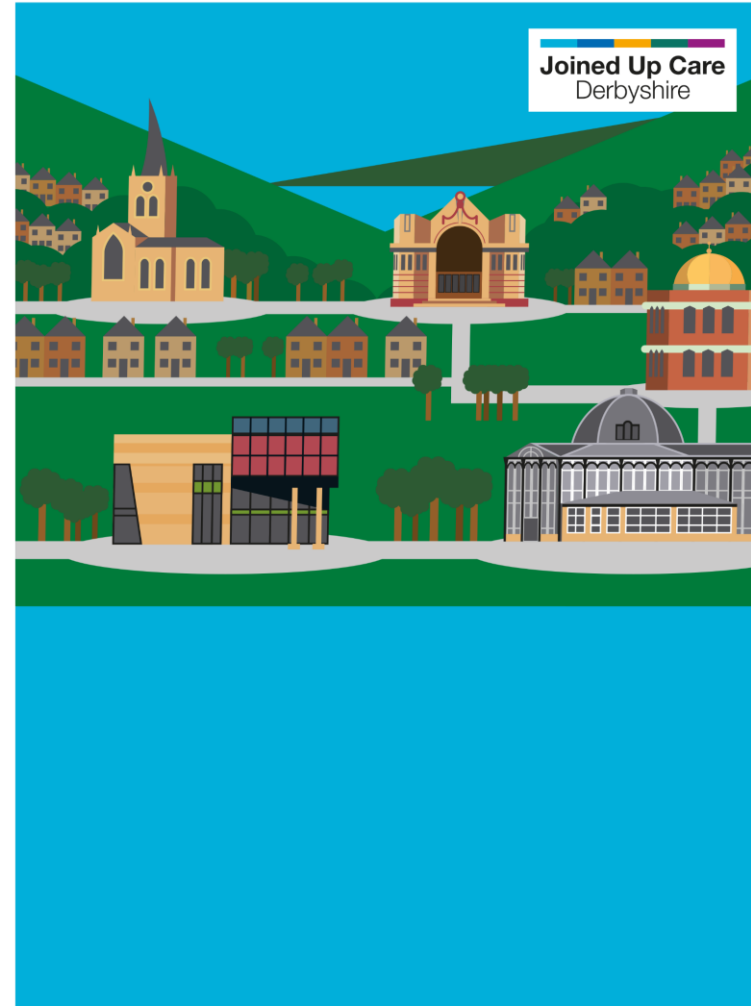
A postvention is an intervention conducted after a suicide, largely taking the form of support for the bereaved (family, friends, professionals and peers).

Suicide has a ripple effect on the community and those most affected are at increased risk of suicide themselves.

A suicide survivor is anyone who experiences high levels of self-perceived psychological, physical and or social distress after the suicide regardless of the social relationship with the person.

The dual objectives of suicide postvention are to alleviate the effects of this complex grief, and to prevent suicide in the survivors.

The Suicide
Postvention
Support Pack
for Primary
Care:
Derbyshire



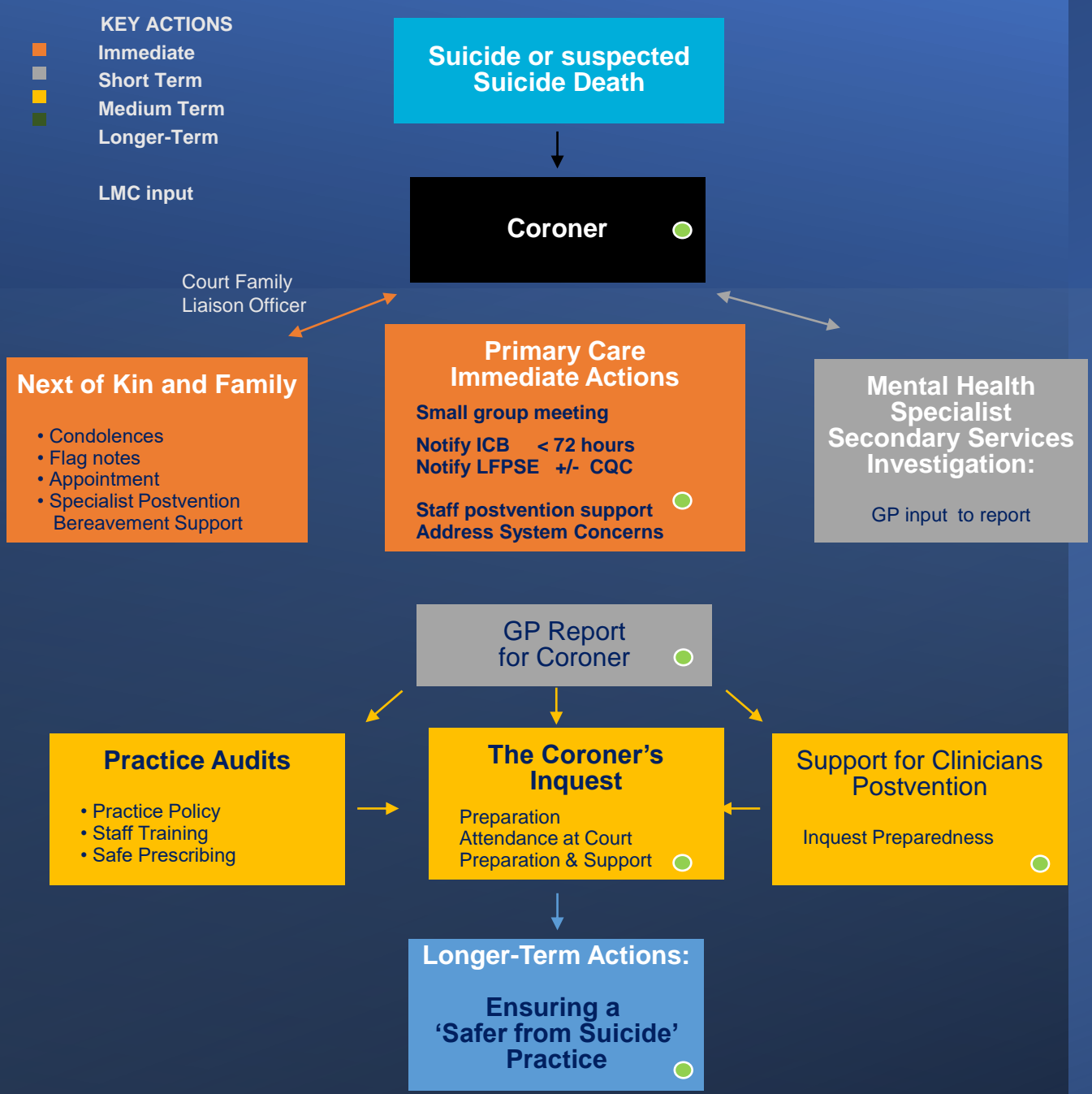
The Derbyshire
VCSE sector
Alliance



Derby City Council



	Page
INTRODUCTION	2
FIGURE 1: OVERVIEW FLOW CHART	6
(A) IMMEDIATE ACTIONS REQUIRED AFTER A SUICIDE	7
1. Serious Incident Report Form: Derby & Derbyshire Clinical Commissioning Group	7
2. GP Practice Management and Clinical Group Meeting and Response	7
3. Postvention & Support for the Bereaved Family & Friends	8
(B) SHORT TERM ACTIONS: REPORTS	10
1. Report for the Coroner	10
2. Information for the Mental Health Secondary Services Investigation Report	10
(C) MEDIUM TERM ACTIONS: PREPARING FOR THE INQUEST	11
1. Significant Event Audits: Suicide Prevention & Safe Prescribing	11
2. Postvention and Psychological Support for Clinicians	14
3. The Coroner's Inquest	16
(D) LONGER-TERM ACTIONS: ENSURING A 'SAFER FROM SUICIDE' PRACTICE	17
1. Suicide Prevention Training for Primary Care Teams & GPs	17
2. The Derbyshire Self-harm and Suicide Prevention Partnership Forum (DSSPPF)	20
3. Suicide Prevention Training for Primary Care Teams & GPs	20
4. Suicide Clusters & Response	21
5. The National Suicide Prevention Alliance NSPA	22
6. The Support after Suicide Partnership UK	22
7. Organisation Postvention after the death by suicide of a GP or work colleague	23
APPENDIX A: Serious Incident Notification Form	24
APPENDIX B: List of Resources that Support Primary Care Clinicians and Staff	25



Bereavement Resources on a Page

Survivors of Bereavement by Suicide (SOBS)

SOBS specialise in provision of peer support specialist suicide support for those bereaved by suicide. It is a national organisation with online forums as well as in person local groups in many areas which can be found on their website. People refer themselves by contacting their local support group.

The Tomorrow Project (Harmless)



This Project provides a variety of support to help someone manage their loss up to one year after the death. There is no age restriction to access the service. A suicide bereavement support officer will make contact and arrange to meet for on-going emotional and practical support. The Project provides support a during and at the Inquest.

Help is at Hand Booklet

This excellent free PDF document is freely downloadable for immediate guidance to people bereaved by suspected suicide.

Cruse Bereavement Care

This is a free, confidential bereavement support service available to the public.

Hope Again – Cruse Bereavement Care for Young People and Children

Created for young people, by young people. It offers an online support, advice, and signposting, specifically to young people who have lost a loved one.

Winston's Wish

Winston's Wish provides support to children and young families bereaved by suicide, as well as to the professionals who help them.

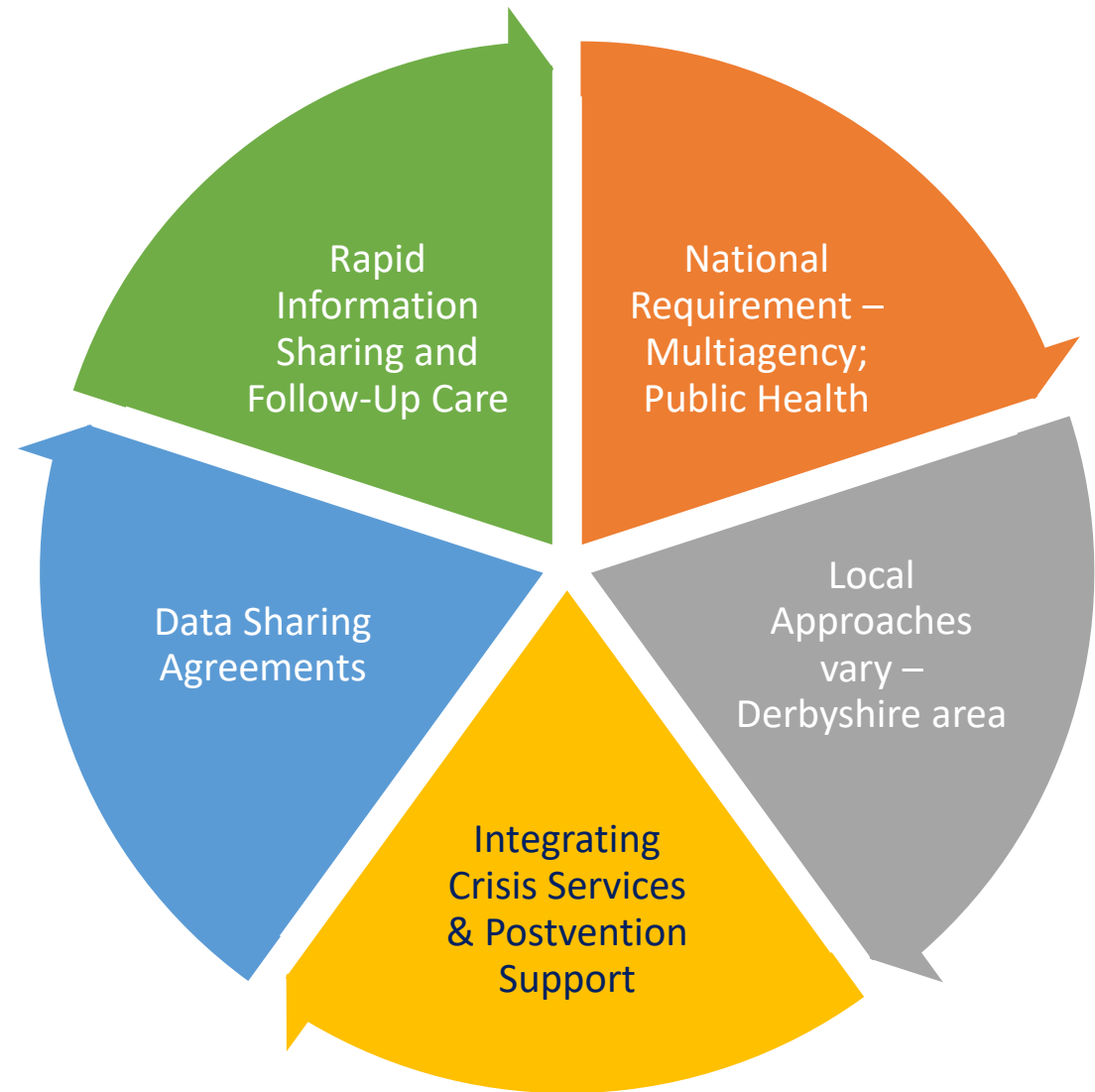
From Grief to Hope

A deeper insight into the impact of suicide on family and friends, please refer to the excellent report by The Support after Suicide Partnership called From Grief to Hope.

PAPYRUS

A guide to suicide prevention, intervention and postvention in schools and colleges, aimed specifically at teachers as well as school or college staff.

Real Time Suspected Suicide Surveillance (RTSSS)





The Derbyshire
Offer

Specialist
Suicide
Bereavement
Support

- Our local offer is here

<https://derbyandderbyshireemotionalhealthandwellbeing.uk/suicide-prevention/suicide-bereavement-support>

- Tomorrow Project, SOBS, GP Postvention Support Pack, plus national resources
- We have referral to The Tomorrow Project embedded with Derbyshire Police as part of **Real Time Suspected Suicide Surveillance (RTSSS)**.
- Specialist Suicide Bereavement Support Referrals –
- Frontline staff are being trained e.g. Primary Care, Hospital Staff, Citizens Advice, Housing Teams

Summary

- **The Derbyshire Multi-Partnership Approach includes Primary Care**
- **Primary Care Training and Resources well established**
- **The Postvention Support Pack is the first such pack in England**
- **Specialist Bereavement Support is embedded in the Police & RTSSS**

- **Further Work**
- Create a National Version of the Pack adaptable for each locality
- Include Primary Care in Real Time Surveillance Plans
- Provide a Pastoral Support Lead for each Organisation
- Targeted Postvention for hard-to-reach groups

Thank you

- Questions

- Contact Dr Sohrab Panday
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