

Primary care training

I understand the role of empathy and compassion in the mitigation of suicide



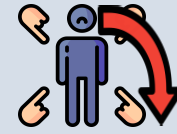
I feel equipped to use the Classification of Suicidal Thoughts to support and prioritise referrals to Mental Health colleagues



Why did we take action?



Increase knowledge of suicide prevention



Reduce the stigma surrounding suicide

Enhance confidence in supporting someone feeling suicidal



Enable primary care staff to look after themselves and others

What did we do?



Virtual training modules



Suicide Awareness and Response for Primary Care



Emotional Resilience for Professionals

What has the impact been?

GP's

Primary care staff

May-June-2021



220 trained



100% better understanding of suicide prevention



200 trained



86% reported positive impact on life

Mid and South Essex STP