

GEMs offer brief updates from general practice research tackling the challenges of front-line practice.

## Experiences of support from primary care and perceived needs of parents bereaved by suicide: a qualitative study

Carolyn Chew-Graham

### The clinical problem tackled by this research

Annually, around 6000 suicides are recorded in the UK, and suicide prevention is a government priority. The economic cost of suicide is estimated to be £1.67 million per death; however, 70% of this cost is attributed to the impact on those bereaved by suicide, and it has been estimated that approximately 135 people are affected by each death, therefore suicide exposure and bereavement is widespread.

Suicide bereavement is associated with a higher risk of mental health problems and suicide attempt in those bereaved. Therefore, the provision of care for this vulnerable group (referred to as 'postvention') is a key component of suicide prevention strategies. The needs of parents bereaved by suicide are unknown.

### What this research tells us about this problem

In this qualitative study, some parents reported having experienced good support from their general practice; others described a number of barriers to accessing help, including triage processes. Primary Care was considered to be an important avenue of support, but GPs were often perceived as uncertain how to respond. The need for information, signposting to avenues of support, and the helpfulness of group support were also highlighted. This work contributed to the development of the PABBs training <https://suicidebereavementuk.com/pabbs-training>

### The research team (\*GPs)

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### Suggested WISE action

Make sure your practice has a protocol which ensures any suicide is highlighted to the named/ usual GP. Consider supporting a GP from your Primary Care Network (PCN) to attend suicide bereavement training and to share their learning with the team. <https://suicidebereavementuk.com/pabbs-training/>

### Useful resources

Suicide bereavement training <https://suicidebereavementuk.com/pabbs-training/>  
[Connecting with People Training and Suicide Assessment Framework E Tool \(SAFETool\)](https://www.healthylondon.org/wp-content/uploads/2017/11/Training-and-suicide-assessment-framework.pdf)  
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### Where you can read more about this work

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