

**Dr Sohrab Panday**

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**General Practitioner**

Clay Cross Medical Centre; Derbyshire

**Clinical Lead: Mental Health Learning Disabilities & Autism**

Derby& Derbyshire Integrated Care System

**Suicide Prevention Strategic Training Lead**

Primary Care; Derbyshire

**STORM Skills Training CIC**

Consultant Trainer Suicide Prevention, Postvention and Self Harm Clinical Skills

**Clinical Lead: Improving Physical Health for people with Serious Mental Illness Programme**

East Midlands Clinical Network (NHS England) 2014-18

**National Suicide Prevention Alliance**

Steering Group 2019-2022

Hello! I am an experienced General Practitioner with a passion for mental health and suicide prevention.

I worked in a large city practice in Peterborough for 22 years.

Like so many of my GP colleagues, I have experienced the tragedy and trauma that inevitably follows the suicides of patients. I became acutely aware of the lack of training and support available to GPs & primary care staff in suicide prevention, and this motivated me learn more and change this.

In 2010 I chaired the Peterborough & Cambridgeshire Suicide Prevention Implementation Group where I fought hard to get barriers erected at certain high frequency multistorey carparks. I also commissioned the voluntary sector (*CPSL Mind and Lifecraft*) to implement a successful awareness campaign, namely *STOP SUICIDE*, which is still thriving today! (Mental Health Voluntary Sector Awards 2015)

I relocated to Derbyshire in 2013, I am a salaried GP in Clay Cross and turned my attention to the unmet training needs of Primary Care. In 2017 I found the funding to set up a group of wonderful passionate local GPs to become upskilled by *4MentalHealth* to train practices in suicide prevention.

We have now trained 1000 GPs & staff with great feedback. (HSJ Award: Primary Care Innovation 2018)

I passionately believe all NHS Staff should be regularly trained in self-harm and suicide prevention and that a culture change towards compassion for ourselves, our colleagues and patients is vital to achieve this aim.

I am now also Consultant Advisor to *STORM Skills Training CIC* who deliver excellent role play skills practice.

Recently I have written a Suicide Postvention Support Pack for Primary Care which you can find here:

[Postvention Support Pack for Primary Care in Derbyshire » Joined Up Care Derbyshire](https://joinedupcarederbyshire.co.uk/download/postvention-support-pack-for-primary-care-in-derbyshire/)

Thankfully I was invited to present to the NHS England National Suicide Prevention Special Advisory Group, the Department of Health Long Term Plan for Mental Health workshop to recommend greater training for GPs, and lecture for the Royal College of GPs on suicide and self-harm.

 Finally, I love spending time with my family, food, walking, swimming, our cats, and believe it or not chess!

 January 2023