

### ESM 3: Summary of survey items for which consensus was obtained

Section	Question stem	Item	Survey Round
Intervention timing	The <b>first contact</b> for the intervention should take place:	Immediately after assessment by the Liaison Psychiatry team, face-to-face	1
	The <b>second contact</b> will be by phone. This should take place:	24-72 hours after first contact negotiated between the patient and person delivering the intervention	2
	Subsequent contact should take place:	Weekly phone calls for one month plus weekly personalised reminder texts in between phone calls	2
Content of the intervention	The intervention should involve (Understanding the situation):	Exploring the patient's views about underlying reasons for substance use & self-harm	1
		Exploring the patient's understanding of the relationship between substance use & mental health	1
		Providing advice on the relationship between substance use & mental health	1
	The intervention should involve (Building motivation for behavioural change):	Asking the patient to discuss the pros and cons of reducing their use of substances and self-harm behaviours	1
		Eliciting the patient's thoughts and feelings about the function of substance use & self-harm in their life	1
	The intervention should involve (Identifying and coping with triggers and urges):	Asking the patient to identify triggers for substance use & self-harm	1
		Encouraging the patient to record and discuss examples of antecedent/triggers, behaviour, consequence in relation to substance use	1
		Encouraging the patient to record and discuss examples of antecedent/triggers, behaviour, consequence in relation to self-harm	1
		Exploring alternative coping strategies and distraction techniques for managing urges to use substance & self-harm	1
	The intervention should involve (Preparing for change):	Jointly developing a safety plan	1
Monitoring the patient's progress in engaging with other community resources e.g., Alcoholics Anonymous or Samaritans		1	
Jointly developing a plan for change with an explicit focus on both substance use & self-harm		1	
Intervention delivery	The intervention should be delivered by the following staff:	First session and follow-up phone calls by Liaison Psychiatry nurses	3

<b>Section</b>	<b>Question stem</b>	<b>Item</b>	<b>Survey Round</b>
<b>Outcomes for a future trial</b>	These outcomes should be measured when testing the effectiveness of the intervention:	Hospital readmissions with self-harm	1
		Self-reported suicidal thoughts, self-harm, and suicide attempts	1
		Self-reported use of substances	3
		Self-reported mental distress	1
		The patient's views regarding whether the intervention was helpful in their recovery	1
		The patient's nominated outcome with regards to goals for substance use +/- self-harm	3