

ESM 4: Intervention summary

Inclusion criteria: adults who present to hospital with self-harm and concurrent substance use problems

First contact: face-to-face in the emergency department immediately after a psychosocial assessment

Second contact: telephone call 24-72 hours later

Subsequent contact: weekly telephone calls for up to one month after hospital presentation

Other features: delivery by a Liaison Psychiatry practitioner, personalised reminder texts between sessions, provision of a gift voucher after completion of the intervention

Intervention content:

Understanding the situation

- 1) Exploring the patient's views about underlying reasons for substance use & self-harm
- 2) Exploring the patient's understanding of the relationship between substance use & mental health
- 3) Providing advice on the relationship between substance use & mental health

Building motivation

- 4) Asking the patient to describe pros and cons of reducing their use of substances & self-harm
- 5) Eliciting the patient's thoughts and feelings about the function of substance use & self-harm in their life

Identifying and coping with triggers and urges

- 6) Asking the patient to identify triggers for substance use & self-harm
- 7) Encouraging the patient to record and discuss examples of antecedent/trigger, behaviour, consequence (ABC) in relation to substance use & self-harm
- 8) Exploring alternative coping strategies and distraction techniques for managing urges to use substances & self-harm

Preparing for change

- 9) Jointly developing a safety plan
- 10) Jointly developing a plan for change with an explicit focus on both substance use & self-harm
- 11) Monitoring the patient's progress in engaging with other community resources e.g., Alcoholics Anonymous or Samaritans