

**Health care resource use: mental health medication use, other NHS primary and secondary care and other mental health services**

<b>Outcome (at least once during study)</b>	Self-reported data from questionnaires
	N=70
Use of other medication for mental health (MH)	29% (n=20, 4% missing)
At least one overnight stay in NHS hospital due to MH problems	0% (n=0, 20% missing)
At least one visit to A&E department due to MH problems	1% (n=1, 20% missing)
At least one visit to out-of-hours clinic	5% (n=4, 24% missing)
At least one visit to NHS walk-in centre	10% (n=7, 20% missing)
At least one visit to private hospital or clinic due to MH problems	0% (n=0, 20% missing)
Use of counselling or talking therapy	23% (n=16, 21% missing)
Use of online CBT	1% (n=1, 43% missing)
Use of other services for MH problems	14% (n=10, 20% missing)
Help for MH problems from home help/home care worker	9% (n=6, 20% missing)
Help for MH problems from day centre/drop-in	7% (n=5, 20% missing)
Help for MH problems from social group	14% (n=10, 20% missing)
Help for MH problems from self-help group	10% (n=7, 20% missing)
Help for MH problems from voluntary organisation	14% (n=10, 20% missing)
Help for MH problems from another source	10% (n=7, 21% missing)
Help with childcare due to MH problems	4% (n=3, 20% missing)
Help in and around the house due to MH problems	31% (n=22, 20% missing)

Help outside the house due to MH problems	23% (n=16, 20% missing)
Other additional help due to MH problems	13% (n=9, 20% missing)
Purchase over-the-counter treatments	7% (n=5, 20% missing)
Time off work	27% (n=19, 20% missing)
Anyone else time of work to care due to MH problems	7% (n=5, 20% missing)
Attend autism social group	24% (n=17, 20% missing)
Attend autism drop-in or advice service	26% (n=18, 20% missing)
Attend autism carers support group	6% (n=4, 20% missing)
Allocated social worker	13% (n=9, 20% missing)
Receive support to attend work	7% (n=5, 20% missing)
Attend other service for autism	14% (n=10, 20% missing)
Use of complementary or alternative therapy for any medical condition	3% (n=2, 20% missing)
Use of exercise activity scheme for any medical condition	0% (n=0, 20% missing)
Use of NHS direct for any medical condition	6% (n=4, 20% missing)
Use of community-based health service professionals for any medical condition	11% (n=8, 20% missing)
Home visit from community support worker for any medical condition	10% (n=7, 20% missing)
Home visit from mental health nurse for any medical condition	3% (n=2, 20% missing)
Home visit from occupational therapist for any medical condition	0% (n=0, 20% missing)
Home visit from social worker	6% (n=4, 20% missing)

Home visit from other professional for any medical condition	7% (n=5, 20% missing)
Victim of crime	6% (n=4, 20% missing)
Suspect in criminal investigation	0% (n=0, 20% missing)
Appeared in court as witness	0% (n=0, 20% missing)
Appeared in court as suspect	0% (n=0, 21% missing)
Meet probation officer	1% (n=1, 20% missing)
Custody	0% (n=0, 21% missing)
Pay NHS prescription charges	30% (n=21, 20% missing)
Receive disability payments	43% (n=30, 20% missing)
Receive Carer's allowance for patient	6% (n=4, 20% missing)

Data reported over whole trial period. Outcome recorded as completed if reported in at least one self-reported questionnaire and only recorded missing if missing in every questionnaire.