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

| Outcome (at least once during study)                                      | 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)                |
| Service                                                                                   | Percentage (n, 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)    |
| Event                                      | Percentage | Notes                  |
|--------------------------------------------|------------|------------------------|
| 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.