

# Improving outcomes in patients who self-harm: adapting & evaluating a brief psychological intervention in emergency departments (ASSURED)



Self-harm and suicidal ideation are increasingly presenting to Emergency Departments (ED) in the UK and are considered key risk factors for suicide. NICE recommends that people who present with self-harm receive a psychosocial assessment conducted by specialist mental health practitioners in the ED. However, while many people need further support, there is often limited capacity and access to resources and treatment.

## What are we doing?

ASSURED is a randomised controlled trial that aims to recruit and train mental health practitioners to deliver the ASSURED intervention or Treatment as Usual (TAU) to 620 patients presenting in the ED with self-harm and/or suicidal thoughts. We will assess the clinical and cost-effectiveness of the ASSURED intervention; a rapid, solution-focused intervention that is delivered as follow-up care by mental health practitioners in liaison psychiatry teams, compared to TAU.



## How will it help?

We expect that the intervention will reduce mental health reattendance at the ED and improve secondary outcomes (suicidality, self-reported self-harm, psychological wellbeing, social outcomes, experiences of attending the ED and suicide).

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