

cCBT Suicidal thoughts and Suicide Alerts.

Overall, experience is that alerts are infrequent, and high intent is expressed by a small proportion of patients. There is a safety net for each of the cCBT programmes. The referrer is contacted if the patient expresses such thoughts, so they can take appropriate action, including contacting other professionals who are involved in the patient's care, where appropriate.

- Before commencing each session, the SilverCloud programme will ask patients if they have had "plans to end your life" and "made any actual preparations towards ending your life" in the last week. If they answer yes – or record any level of intent (on a scale of 0 (lowest) to 10 (highest)) – the report will be flagged to the cCBT team to notify their referrer.
- Any intent is recorded within the cCBT system and actively monitored each working day by a co-ordinator and this information is conveyed to the referrer by the next working day. This information is relayed by email to the GP Surgery clinical inbox.
- The co-ordinator is required to inform the referrer and provide details, including the level of intent. If required, further information can be provided, such as PHQ9/GAD7 and DSS/BPI as well as any protective factors recorded by the patient during this or any previous sessions.