

**Table 2. Labour cost for delivering the HELP intervention/enhanced standard care**

<b>Type of costs</b>	<b>HELP</b>	<b>Enhanced standard care</b>
<b>Training</b>		
Provider/ Nurse	£14.7/h*5days*7h/day	£0
Psychologist	£22/h*5days*7h/day (3 sessions)	£0
<b>Intervention</b>		
Provider / Nurse	£14.7/h*758 sessions*1.5h/session (includes admin)	£30/h*35 sessions*1h/session (+1h admin)-if practice nurse £28.72/h*3 sessions*1h/session (+1h admin)-if agency nurse £16.49/h*33 sessions*1h/session (+1h admin)-if health care assistant
Psychologist	£22/h*380 sessions*1.5h/session (includes admin)	£0
Room rental	£10.00-£15.00/h	£15/h- if not at the practice surgery
<b>Travel</b>		
Provider/ Nurse (time)	£14.7/h*1.5h/session	£28.72*2h/session-if agency nurse £16.49*2h/session-if health care assistant
Provider/ Nurse (travel)	Zone 1-6 average off peak on Oyster =£8.50	£0
<b>Materials</b>		
Manual for provider/nurse	£12.00/unit	£0.50/unit (Time to Change leaflet)
Manual for participant	£4.00/unit	£0
Leaflets for participant	£0.50/unit	£0
Other materials for participant (e.g.,bowls,spoons,bags,pens)	£5.00	£0