



# Press Release

Wednesday, 3 February 2016

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## **Eating disorders - a problem at work? National Eating Disorders Week, 22 - 28 February, 2016**

In the edition that airs on 15 February, the Chrissy B Show on My Channel Sky 203 will be taking a look at the way eating disorders affect people in the workplace.

Chrissy's guests comprise Dr Nihara Krause a consultant clinical psychologist whose specialisms include eating disorders, Beat ambassador Katherine Pugh, representing the leading charity for sufferers, and HR associate Mariah Asemah.

Between them they will be sharing a wealth of knowledge and expertise in anorexia, bulimia and other eating disorders with host Chrissy Boodram, in readiness for the start of National Eating Disorders Week, which takes place from 22 - 28 February.

"It's shocking to learn that eating disorders are the deadliest mental illness as one in five of the most seriously affected either die prematurely from the physical effects or take their own lives," Chrissy says. "Even more so when you consider that kids as young as seven can develop anorexia, and that anyone can be affected."

During the Show, Chrissy will be getting the low-down on what it's like to live with an eating disorder from Katherine Pugh, who has been a youth ambassador for Beat since 2011. Kat is an experienced mental health campaigner. She developed her campaigning skills by managing the Liberal Democrats' Youth Engagement programme.

Mariah Asemah will then be telling Chrissy about coping with eating disorders in the workplace from the HR point of view, and will be looking at whether or not a sufferer should tell their boss and getting the help they need.

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Medical expertise will be provided by Dr Nihara Krause, returning to the Chrissy B show after a year. Dr Krause will be explaining all the basics of eating disorders in simple terms, who is likely to be vulnerable and what treatments are available.

Finally Chrissy will give her own tips on how to talk about the problem of eating disorders with someone you suspect of needing help in this area. Invariably, Chrissy's approach is constructive. In this case, as so often, the sooner a person gets treatment, the more likely they are to make a full recovery.

ENDS

***Notes to editors:***

**Beat** is the UK's leading charity supporting anyone affected by eating disorders or difficulties with food, weight and shape. [www.b-eat.co.uk](http://www.b-eat.co.uk)

**Dr Nihara Krause** is a consultant clinical psychologist and lecturer with over 24 years' clinical experience working in teenage and adult mental health. Formerly an NHS consultant, she now runs her own private practice and specialises in the treatment of anxiety and depression, eating disorders, self-harm, trauma and OCD. [www.niharakrause.co.uk](http://www.niharakrause.co.uk)

**Chrissy Boodram** is host of the UK's only TV chat show dedicated to promoting good mental health and wellbeing. The show is designed to help both men and women improve and maintain their mental wellbeing as well as taking a look at some of the major health issues of our time.

Chrissy Boodram holds a degree in Business Studies from the University of Westminster. She has been a TV presenter for over eight years and has hosted her own TV show on My Channel Sky 203 since June 2012. Her previous work experience includes public relations, HR, web and graphic design and community outreach. She loves to learn and develop and believes everyone can continue to learn, grow and improve irrespective of age and their circumstances.

**For further information please contact [contact@chrissybshow.tv](mailto:contact@chrissybshow.tv) or call 020 7686 6033.**

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