

# Mental Health Awareness & First Aid for Mental Health Handbook

2nd Edition September 2023

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The following updates have been made to the 2<sup>nd</sup> edition of this publication.

Page No	Update comments
6	<p>The following content has been added under the heading 'Mental health prevalence'.</p> <ul style="list-style-type: none"> <li>• according to WHO, during the COVID pandemic, depression and anxiety rose by 25%</li> <li>• the use of anti-depressants (known as SSRIs) is increasing every year with 1 in 8 people currently taking them in the UK</li> </ul>
17	<p>The content on this page has been updated:</p> <div style="border: 1px solid black; padding: 10px;"> <div style="background-color: #0056b3; color: white; padding: 5px; margin-bottom: 10px;"><b>Eating disorders</b></div> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>There are several types of eating disorders, the most common diagnosis being <b>other specified feeding and eating disorders (OSFED)</b>. The other main types are:</p> <div style="background-color: #e6f2ff; padding: 5px; margin-bottom: 10px;"> <p><b>Anorexia nervosa:</b> when a person tries to keep their weight as low as possible. They may starve themselves or exercise excessively.</p> </div> <div style="background-color: #e6f2ff; padding: 5px; margin-bottom: 10px;"> <p><b>Bulimia:</b> when a person goes through periods of binge eating and is then deliberately sick or uses laxatives to try to control their weight.</p> </div> <div style="background-color: #e6f2ff; padding: 5px; margin-bottom: 10px;"> <p><b>Binge eating disorder (BED):</b> also known as compulsive eating, is when a person feels compelled to overeat large amounts of food in a short space of time.</p> </div> <div style="border: 1px solid #0056b3; padding: 5px; margin-bottom: 10px;"> <p><b>DEFINITIONS</b></p> <p><b>Other specified feeding and eating disorder (OSFED)</b> means that the person has an eating disorder but does not meet the criteria for a diagnosis of anorexia, bulimia or a binge eating disorder.</p> </div> </div> <div style="width: 45%;"> <p>Over the last 30-40 years, the prevalence of eating disorders has increased to become a widespread problem across the UK and worldwide. Eating disorders have the highest mortality rates among psychiatric disorders. Anorexia nervosa has the highest mortality rate of any psychiatric disorder in adolescence.</p> <p><b>BEAT</b> estimates that 1.25m people have an eating disorder in the UK.</p> <p><a href="http://www.beateatingdisorders.org.uk/get-information-and-support/about-eating-disorders/how-many-people-eating-disorder-uk/">www.beateatingdisorders.org.uk/get-information-and-support/about-eating-disorders/how-many-people-eating-disorder-uk/</a></p> <p>Around 25% of those affected by an eating disorder are male. Most eating disorders develop during adolescence, although there are cases of eating disorders developing in children as young as 6 and adults in their 70s. They are most common in individuals between the ages of 16 and 40 years old.</p> <p>Around 10% of people affected by an eating disorder suffer from anorexia nervosa. The average age of onset for anorexia nervosa is 16-17 years old.</p> <p>40% of people affected by an eating disorder suffer from bulimia nervosa. The average age of onset for bulimia nervosa is 18-19 years old.</p> </div> </div> </div>

52	<p>The following bullet point has been added:</p> <ul style="list-style-type: none"><li>• If someone repeatedly seeks their support, they may want to say ‘I would not be doing you a service here as this is not my area of expertise, did you call the number I gave you last time?’</li></ul>
56	<p>The scenario has been updated as follows:</p> <p>Listener case studies</p> <p><b>Case study one – James</b></p> <p><b>What you know:</b></p> <p>James is a hybrid worker and has been with the organisation for 18 months. He is 23 years old and it’s his first job out of university. He has always had an active life outside of work. In the last few months, James become withdrawn and has been missing regular online catchups with the team. He has also avoided coming into the office on mandatory days. When he does attend meetings, his usual happy-go-lucky mood seems to have drastically changed.</p> <p><b>Case study</b></p> <p><b>What you know:</b></p> <p>Caroline is the office manager and is therefore in almost every day .....</p>

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