

ARE YOU PREGNANT OR DO YOU HAVE A YOUNG BABY (LESS THAN SIX MONTHS OLD)?



DO YOU SUFFER FROM
DISTRESSING UNWANTED THOUGHTS
(e.g. those of violence, contamination, danger)
OR
COMPULSIVE BEHAVIOURS
(e.g. repeated checking / excessive washing / rituals)

A treatment trial for mums who suffer from Obsessive Compulsive Disorder (OCD) with young children (less than 6 months) is taking place, offering a talking therapy, cognitive behavioural therapy (CBT). It is run by the Institute of Psychiatry and the Centre for Anxiety Disorders, Maudsley Hospital, London under Professor Paul Salkovskis. Treatments can be conducted at home for convenience.

For a **confidential and informal** discussion or for more details, please get in touch with Dr. Fiona Challacombe using the number or email below.

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