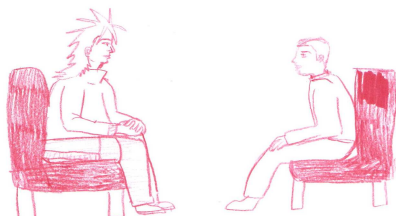


## Are you a young person (11-18 years) with Obsessive Compulsive Disorder?

### Would you like treatment for your OCD?



Cognitive behaviour therapy (CBT) is the only recommended psychological treatment for OCD. The National and Specialist Clinic for Young People with OCD at the Maudsley Hospital in London is comparing CBT carried out at the clinic with CBT carried out over the telephone. Experienced therapists offer up to 14 hourly sessions of CBT and the content of the treatment is exactly the same whether you attend the clinic or have telephone appointments. It does not matter if you have had CBT in the past, you could still take part.

This research is very important because it will help to make therapy more accessible for many young people who live a long way away from the clinic, or where OCD makes it hard for them to leave the house. In a pilot study (a small study to test out whether a large project should be done), young people treated over the telephone got better and remained well over the follow-up period.

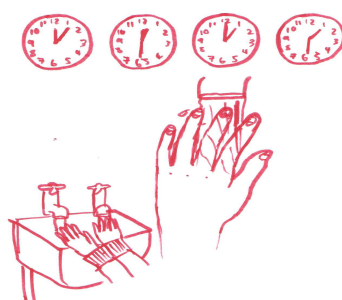
If you are interested in participating, your GP or local Child and Adolescent Mental Health Service (CAMHS) can refer you for an assessment. Give them this flyer and the attached referral form or give them contact details below to find out more information.

For further information please contact Dr Cynthia Turner:

Email: [cynthia.turner@slam.nhs.uk](mailto:cynthia.turner@slam.nhs.uk)

Tel: 0203 228 5222

OCD Clinic for Young People, Michael Rutter Centre for  
Children, Maudsley Hospital, London SE5 8AZ



**OBSESSIVE-COMPULSIVE DISORDERS CLINIC FOR YOUNG PEOPLE**  
**REFERRAL FORM**

The OCD Clinic for Young People at the Maudsley Hospital, London, offers assessment for young people (up to 18 years) with suspected obsessive-compulsive disorder (OCD), and where this is confirmed we offer treatment. If you have any queries relating to a possible referral, please contact Dr Cynthia Turner (020 3228 5222; [cynthia.turner@slam.nhs.uk](mailto:cynthia.turner@slam.nhs.uk)).

Child's name:			
Address:			
Date of birth:		Age:	(NB must be 18 years or younger)
Home tel no:		Mobile no:	
Name of parent(s):			
Referral problem (please describe):			
(NB: For the current study, we are unable to accept referrals for young people who have a diagnosis of autism spectrum disorder or who have significant learning difficulties)			
Date of referral:			
Has the child previously received treatment?	Yes	No	
Type of treatment received:	CBT	Other: (please specify)	
How many treatment sessions received?			
Name and address of referrer:			
Name and address of GP (if different):			
Name of CAMHS team (if involved):			
CAMHS contact person (if involved):			

*Please send this form to:*

Dr Cynthia Turner, Obsessive-Compulsive Disorders Clinic for Young People, Michael Rutter Centre,  
Maudsley Hospital, London SE5 8AZ.