## Hello, I think I have Obsessive-Compulsive Disorder (OCD).

It's hard for me to talk about this and other people don't seem to understand. I try to hide it but I spend significant time each day feeling trapped by one or more of:

	Worries about contamination, resulting in compulsive washing/cleaning
	Worries about fire/flood/break-ins, resulting in compulsive checking
	Anxiety, leading to the counting, arranging or aligning of things
	Unfounded fears I might unwittingly cause harm to or abuse of others
	Horrible, unwanted thoughts of a violent or sexual nature that I agonise over but can't get out of my head
	A constant feeling that something is not quite right, resulting in my need to do particular rituals
time,	problems I have put a tick by bother me almost every day and take up excessive impacting on my quality of life. OCD is seriously affecting my life. It's stealing ime and my ability to be happy:
	I feel frequently depressed
	Life at home is becoming more difficult
	It's hard for me to work, study or travel
	My self confidence and self esteem have hit an all-time low

The national charity OCD-UK has made me realise that I'm not alone in feeling this way and they have shown me that help can be found. Please offer me the help that I need to allow me to get my life back. OCD-UK have told me that I need to access a form of treatment called Cognitive Behavioural Therapy (CBT), ideally with a therapist that fully understands OCD and if I wish to, I can request individual face-to-face therapy (rather than in a group or online setting).

## For the Health Professional

By ticking any of these boxes, this person has shown that they may be experiencing obsessions and compulsions that would likely indicate a diagnosis of **O**bsessive-**C**ompulsive **D**isorder. Please refer this person to the most appropriate local or national NHS service and please offer to make the referral for the person if they are not comfortable to self-refer.

This information sheet was prepared by the national charity, OCD-UK. Further information for health professionals, including information about OCD clinical classification and details about the NICE Guidelines for the treatment of OCD and BDD (CG31) can be found on their website at <a href="https://www.ocduk.org">https://www.ocduk.org</a>

OCD-UK is a registered charity: 1103210

