



OCD Myth

Having **OCD**
can be a
positive.



OCD
UK

Mythbuster

Obsessive-Compulsive Disorder is a **debilitating** mental health problem which prevents children and adults that **suffer** functioning and living life as they choose.

The condition also reduces self-confidence and highly restricts sufferers, both mentally and physically.

There is nothing positive about **suffering** from **OCD**.

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OCD - It's more than you think!

SOME FACTS

ABOUT

OCD

If you've
ever said
*"I'm a little
bit OCD"*,
then this
handout is
just for you!

OCD fact

Obsessive-**C**ompulsive **D**isorder is no joking matter, the **D** in **OCD** means the condition is a disorder which causes great distress and disruption to a person's life and critically impacts on a person's ability to function.

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