OCD Myth
Having OCD can be a positive.

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!
OCD fact

Obsessive-Compulsive Disorder 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.

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

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