**OCD Myth**

All **OCD** compulsions are visible, like hand washing, cleaning and checking of objects.

**Mythbuster**

For many people **suffering** from Obsessive-Compulsive Disorder, their rituals and behaviours (compulsions) are less obvious. They might be thinking based, like trying to remember past events or checking of their own body. They might also be avoidance of particular people, places or objects.

In all cases, they are in response to frequent unwanted and upsetting intrusive thoughts or feelings (obsessions).

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**OCD - It’s more than you think!**
OCD fact

Despite common misconceptions, only around 26.5% of people that suffer from Obsessive-Compulsive Disorder carry out compulsive rituals that involve washing or cleaning.

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OCD - It's more than you think!