Mythbuster

Children and adults that suffer from Obsessive-Compulsive Disorder do not do compulsive behaviours for pleasure or because they’re fussy. They actually feel like they have to carry out this behaviour or ritual because of unwanted distressing, anxiety provoking intrusive thoughts and feelings.

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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-Compulsive Disorder can impact on the whole family not just the sufferer.

Loved ones often get drawn in to helping the sufferer with compulsive rituals that disrupt and put pressure on their lives.

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