**Mythbuster**

Only an estimated 1-2% of the population have **OCD**, that’s about 780,000 children and adults here in the UK. But due to media misrepresentations it has wrongly been adopted as a term to describe liking things a certain way. The **D** in **OCD** means disorder, which means the condition causes great distress and disruption to a person’s life and critically impacts on a person’s ability to function, which is why the phrase ‘Everybody has a bit of OCD’ is unhelpful and inaccurate.*

* Always consult a GP if in doubt.

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

The onset of Obsessive-Compulsive Disorder typically occurs in late adolescence to early twenties, but can impact on children as young as five.

OCD impacts on individuals regardless of their gender, social or cultural background.