



## OCD Myth

People affected by **OCD** lack a sense of humour about OCD jokes.

# Mythbuster

People **suffering** with **O**bsessive-**C**ompulsive **D**isorder do have a sense of humour.

However, every time somebody makes an OCD joke or misrepresentation it trivialises the severity of the condition.

For the person suffering, such jokes can be upsetting and makes it harder for people to open up and talk about their problems or even seek help.

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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

Rather than being a helpful or useful character trait, **O**bsessive-**C**ompulsive **D**isorder is actually a debilitating anxiety disorder.

For those **suffering** from OCD, there is nothing useful or positive about it, in fact it prevents those that suffer living their life how they would choose to.

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**OCD - It's more than you think!**

