



Mental Health Information Station OCD - WAYS TO MANAGE IT

Obsessive Compulsive Disorder is an anxiety related condition that affect 1.2% of the UK population. Together with the families who support people with OCD and are frequently involved in their rituals, this means OCD is a part of daily life for over 1 million people every single day.

To some degree OCD-type symptoms are probably experienced at one time or another, by most people, especially in times of stress. However, true OCD can have a totally devastating impact on a person's life, from education, work and career enhancement to social life and personal relationships.

Watch this 9 minute video if you need an introduction to OCD
www.youtube.com/watch?v=VBM21igoTAK

This OCD workbook can be downloaded and printed:
<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/obsessive-compulsive-disorder-ocd-self-help-guide>

Peer support groups offer the opportunity to share experiences and offer and receive help in a non-judgemental setting. For mutual support, visit www.mentalhealthforum.net The OCD Forum is actively moderated, to keep it safe for visitors and members.

www.ocduk.org/

This is the UK's leading organisation for OCD and is completely service-user led. The website provides information on a range of topics from how to get a diagnosis, and a range of methods for managing life with OCD, including self-help resources, medication and peer support, and help and advice from families and friends.

Due to Covid-19, all OCD-UK support group meetings are hosted online using Zoom. Support group meet every Tuesday and Thursday. They are also hosting regular themed meetings on Wednesday's.

The two weekly support group meetings on a Tuesday and Thursday are open OCD support groups, and accessible to people with OCD or family members/partners/friends of OCD sufferers (aged 18 years and over).