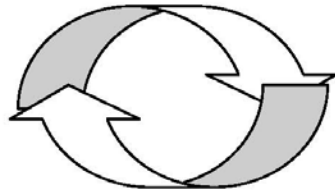


Obsessive Compulsive Disorder (OCD)

Easy read information



What is OCD?



OCD is a disorder that may cause you distress.

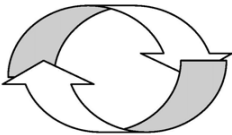


OCD may make you worry about things.



You may have thoughts that go round and round in your head that you don't want.

This is called an obsession.



You may do things over and over again that make you feel better at the time. This is called a compulsion.

An obsession is unpleasant and frightening.



There are different things you might worry about.



You might be worried about germs and getting sick.

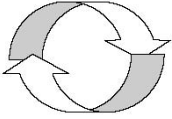


You might be worried about causing an accident.



You might be worried about doing something you don't want to.

You might feel you have to do something to stop your obsessions and make you feel better.



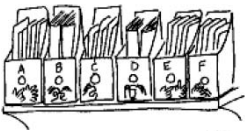
There are different things you might do over and over again:



You might have lots of baths/showers or wash your hands.



You might check things for example that the tap is off.



You might want to have put things in order and keep things neat and tidy.



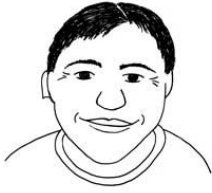
This can lead to a cycle of feeling worried and finding it hard to stop the compulsions.



Obsessions can make it hard to think clearly about other things.

You may feel more worried if you are not able to do your compulsion.

How can I feel better?



People with OCD can get better.



Some people find talking to some one can help.



Some people find taking medication can help.



Some people find ways to relax that can help.

With thanks to the South West London and St George's
Mental Health NHS Trust for developing and sharing this leaflet.

Images courtesy of CHANGE Picture Bank.

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Email: PALS@nsft.nhs.uk
or call PALS Freephone: 0800 279 7257

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