What is OCD?

• **OCD** stands for **Obsessive Compulsive Disorder**

• It’s **not** what most people think it is!

• There are many different **subtypes**

• Estimated to affect **1.2%** of the UK population

• In 1990, the WHO ranked OCD in the **top 10** of leading causes of **disability** (loss of income, quality of life)

• A disorder – **disrupts normal physical or mental functions**

• **30%** of adults diagnosed with OCD begin to **show signs during childhood**
WHAT YOU MAY THINK OCD INVOLVES...

- Liking things clean
- Having a tidy house
- Enjoying order
- Being organised

WHAT OCD ACTUALLY INVOLVES...

- Intrusive thoughts
- Obsession themes
- Mental rituals
- Overt compulsions
- Avoidance
- Reassurance seeking
- Impaired functioning
- Unwanted sensations
- Lost time
- Guilt
- Shame
- Doubt
- Feeling stuck
- Mental images
- Distress
- Facing fears

OCD Doodles

Image credit: @EllieSenra
Important things to know

• People with OCD may present with any combination of obsessions, anxious behaviours and compulsions

• People with OCD who experience intrusive thoughts are some of the most least likely people to act on them

• Obsessions and thoughts can be triggered by situations, feelings or events

• Thoughts and compulsions can be highly illogical

• Sufferers can go undiagnosed for many years
There is hope!

- **OCD-UK** is a charity working to support people living with OCD and their families and carers.

- It also works to **increase awareness** of the **realities** and **effects** of living with OCD.

- They run **support groups**, **training sessions** and **educational workshops**.

- Helping people towards **recovery** and **managing the condition**.

- **OCD-UK** also provides resources on options for **therapy** (usually **CBT**) and **medication** (usually anti-depressants / anti-anxiety).
Fundraising 2021

• As of this meeting, we have raised a total of £520 for OCD-UK!

• I still have a few days left on the 1.2 Challenge…

• Donations page (JustGiving) will be taking donations until 15th November

Thank you to everyone who has donated and supported the charity!