Are you feeling like this?

### Your mind got stuck on a certain thought or image...

I think I need to check my work again! Do I wash my hands today? I got cancer, oh I must get it...

Then this thought or image got replayed in your mind over and over again no matter what you did...

#### "Hey! Get out of my head!"

You don't want these thoughts... But they never disappears!

And then... You feel anxious...



You might recognize that the fear doesn't make sense, doesn't seem reasonable, yet it still feels very real, intense, and true... Would your brain lie? Why would you have these feelings if they weren't true? Feelings don't lie... Do they?



Unfortunately, if you have OCD, they do lie. If you have OCD, the warning system in your brain is not working correctly. Your brain is telling you that you are in danger when you are not. When scientists compare pictures of the brains of groups of people with OCD, they can see that on average some areas of the brain are different compared to individuals who don't have OCD.



# What can I do now?

# Find a doctor!

## Only trained therapists can diagnose OCD!

They will look for three things:

- The person has obsessions.
- The person does compulsive behaviors.
- The obsessions and compulsions take a lot of time and get in the way of important activities the person values (working, going to school, etc.)

# Don't be afraid!

Obsessive Compulsive Disorder (OCD) is just a disorder of the brain and behavior. OCD is an illness, and having it is not a person's fault, just like having asthma or diabetes is not someone's fault.

Like asthma, diabetes, or any other illness, OCD can be treated so people can get relief from its symptoms.

Once someone is diagnosed with OCD, doctors can begin treating the condition. The good news is that there are treatments that really work. Lots of mental health specialists, psychiatrists, psychologists, and counselors are trained in treating OCD.

# Want more information?

People are here to help you!

## International OCD Foundation

Our mission is to help all individuals with obsessive-compulsive disorder (OCD) and related disorders to live full and productive lives.

We work to increase access to effective treatment, end the stigma associated with mental health issues, and foster a community for those affected by OCD and the professionals who treat them.

http://iocdf.org

Find help, learn more, and get involved!

What you need to know about Obsessive Compusive Disorder