

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!

OCD

**What you need to know about
Obsessive Compulsive Disorder**