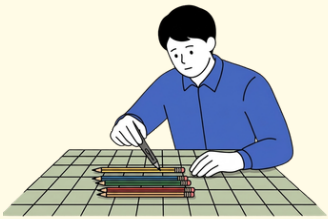
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What Is OCD?

Obsessive-Compulsive Disorder (OCD) involves persistent, unwanted thoughts that cause distress and repetitive behaviours. It creates a cycle of obsession, distress, compulsion and temporary relief.

OBSESSIONS
Recurring, unwanted intrusive thoughts

ANXIETY
Obsessions cause fear and distress



COMPULSIONS
Behaviours or mental rituals to reduce anxiety

TEMPORARY RELIEF
Relief is short-lived, and distress returns

The OCD Cycle

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What Can You Do?

For Yourself

Seek early treatment
Exposure and Response Prevention (ERP), plus medication, is an effective treatment.

Learn about OCD
Understanding OCD can help you recognise the cycle and feel more confident in managing it.

For Others

Avoid reinforcing OCD
Refrain from reassuring as this can unintentionally reinforce the OCD cycle.

Support their recovery
Encourage treatment, be patient and celebrate progress without judgement.

Connect with us!
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