

Fact File: Obsessive Compulsive Disorder (OCD)

Common Symptoms:

Symptoms of OCD may include:

- Repetitive actions including obsessive cleaning, checking, ordering or rearranging.
- Repetitive actions based on symmetry. For example, if a tap is touched with one hand, they may feel the need to touch it with the other hand as well.
- An internal monologue that is pressuring the sufferer to perform these actions. Often with a fear of consequences if they aren't done.
- Avoidance of triggering situations or of using triggering words etc.
- Negative experiences at school or work due to these thoughts slowing down tasks and learning.

Available help:

If you feel you are in danger of hurting yourself or are contemplating suicide please dial 999 and ask for help. Or call the Samaritans free on 116123

If you feel you are suffering from OCD you are advised to discuss it with your GP who can point you in the right direction.

Depending on the severity of the OCD the likely course of treatment is a combination of Cognitive Behavioural Therapy (a talking treatment aimed at targeting/changing underlying behaviours) and medications like antidepressants to lift a persons mood.

The UK's largest OCD charity OCD Action provides online help and resources and can be visited here www.ocdaction.org.uk

Dare to Talk: Our advice

- OCD is not simply about being neat and tidy, it can develop into a debilitating mental health condition and should be taken seriously.
- If children suffer from OCD, it can be confusing and effect their education. Parents and carers should keep a look out for any unusual patterns of behaviour.

