

To the person with OCD: Please pass this printout to your GP or other healthcare professional.

To my health professional:
I think I have Obsessive-Compulsive Disorder (OCD)

- It's hard for me to talk about this
- My OCD differs from the more well-known perception of OCD
- I am scared to talk about it
- It's impacting on my life and my daily functioning
- I spend more than an hour a day obsessing and fearing my thoughts

I am now at the stage where I am visiting you to seek help from you, my health provider.

Can I please tell you about some of the thoughts that I am experiencing? They include some, or all of these:

- Distressed because I fear I might be attracted to children, despite finding such thoughts abhorrent and against everything I believe in.
- Unwanted thoughts/feelings/urges that cause me immense anxiety that I want to, or may in the future, or might have previously touched a child inappropriately or caused harm to them, even though I don't want to.
- Constant self-questioning whether or not these are wanted thoughts, and what the thoughts may mean or say about me.
- Avoidance of places where children are or might be.

OCD-UK have helped me understand that I am not alone in feeling the way that I do, and that this is a very commonly held belief by those affected by OCD. They have explained to me that these are all thoughts that both men and women can experience with OCD, and that having these thoughts does not place me at any higher risk of acting on these thoughts, or being a danger to children.

Please offer me the help that I need to change the way I deal with these thoughts. OCD-UK have told me that I need to access a form of treatment called **Cognitive Behavioural Therapy (CBT)**, ideally with a therapist that fully understands this aspect of OCD.

Please don't be alarmed by my unwanted obsessive thoughts, these form part of OCD, which are not indicative of any real desire. If you're concerned about my thoughts, OCD-UK ask that you consult an OCD specialist before taking any action, and refer to the paper '[Risk Assessment and Management in Obsessive Compulsive Disorder](#)' by Veale, Freeston, Krebs, Heyman and Salkovskis.



This information sheet was prepared by the national charity, OCD-UK. Further information for health professionals, including information about OCD clinical classification and details about the NICE Guidelines for the treatment of OCD can be found on their website at www.ocduk.org