

To a professional who can help:
I think I have **Obsessive Compulsive Disorder**

It's hard for me to talk about this

Other people don't seem to understand

I've become secretive about my habits

I spend more than an hour each day feeling trapped by one or more of:

- Obsessive fears about contamination, resulting in compulsive washing
- Obsessive fears about fire/ flood/ theft, resulting in compulsive checking
- Anxiety leading to counting, arranging or aligning
- Unfounded fears of unwittingly causing harm to or abuse of others
- Horrible thoughts that I agonise over but can't get out of my head

I'm now at the stage at which I need to appeal to you, as a professional, to help me.

OCD is seriously affecting my life. It's stealing my time and my ability to be happy, and:

- I can feel frequently and deeply depressed
- Life at home can be difficult
- It can be hard for me to work, study or travel
- I can have problems making or keeping friendships and relationships
- My self confidence and self esteem have hit an all-time low

The charity OCD-UK has made me realise that I'm not alone in feeling the way that I do. It has also taught me that help can be found.

Please offer me the help that I need to allow me to get my life back.



OCD-UK is the leading national charity independently working with, and for people with Obsessive-Compulsive Disorder (OCD).

Further information for professionals, including clinical classification and NICE guidelines in relation to this debilitating condition, is available from www.ocduk.org