

# OCD RESOURCES

Obsessive Compulsive Disorder is a mental health condition where a person has unwanted obsessive thoughts/fears that they respond to with compulsive (repetitive) behaviours.

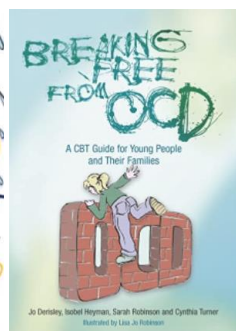
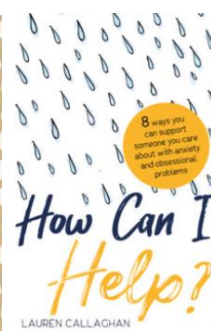
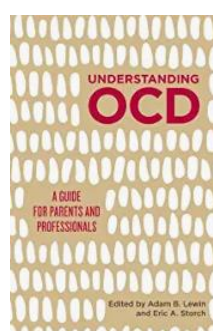
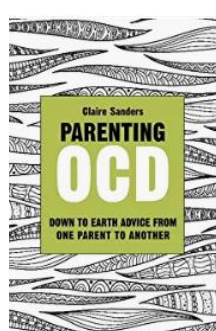
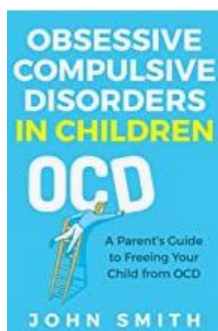
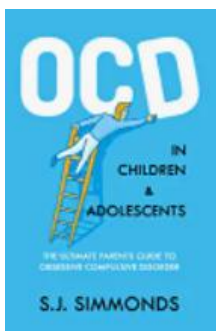
## Information, Support and Advice:

- Mind - <https://www.mind.org.uk/information-support/types-of-mental-health-problems/obsessive-compulsive-disorder-ocd/about-ocd/>
- OCD Action - <https://ocdaction.org.uk/>
- Triumph Over Phobia (TOP) UK - <https://www.topuk.org/>
- OCD UK - <https://www.ocduk.org/>
- Rethink Mental Illness - <https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/obsessive-compulsive-disorder-ocd/>
- Young Minds - <https://www.youngminds.org.uk/young-person/mental-health-conditions/ocd/>

## Courses, Training and Webinars:

- OCD UK - <https://www.ocduk.org/parents-webinar/>
- OCD UK - <https://www.ocduk.org/conference/conferences-across-the-uk/2020-virtual/conference-map/family/ocd-a-introduction-for-parents/>
- ADAA - <https://adaa.org/webinar/consumer/helping-kids-and-teens-who-have-ocd>
- Witherslack Group - <https://www.witherslackgroup.co.uk/resources/understanding-ocd/>

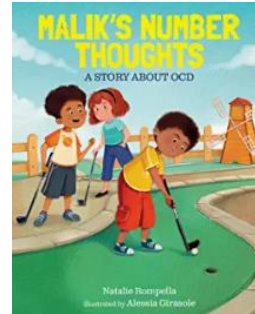
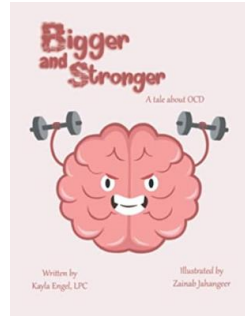
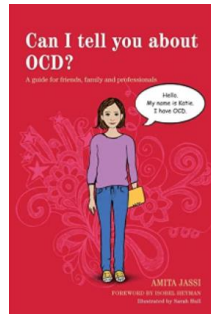
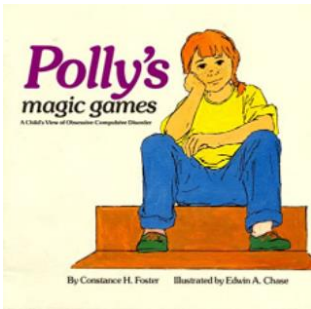
## Books for Parents/Guardians:



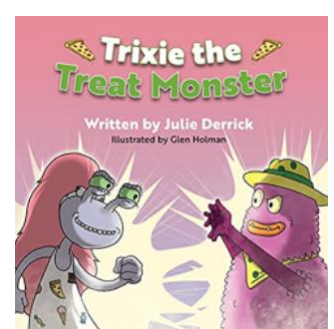
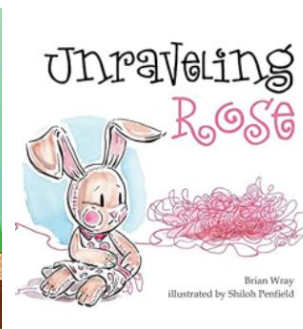
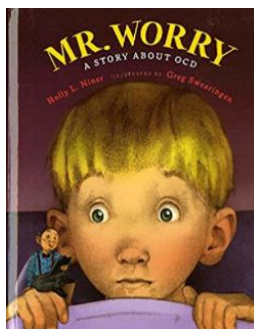
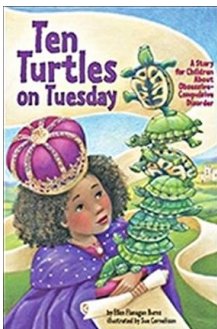
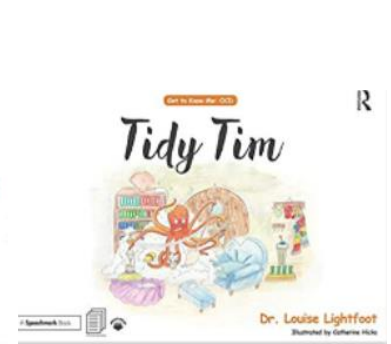
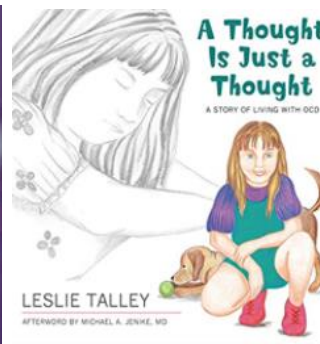
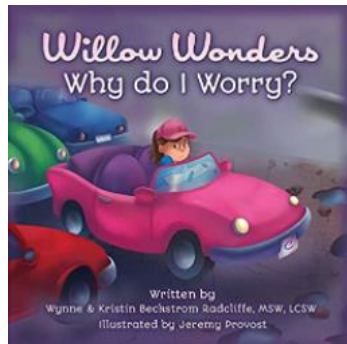
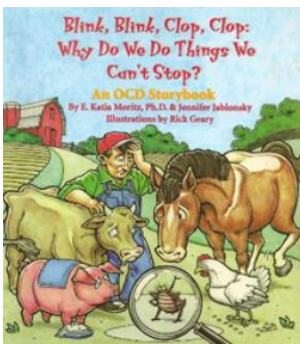


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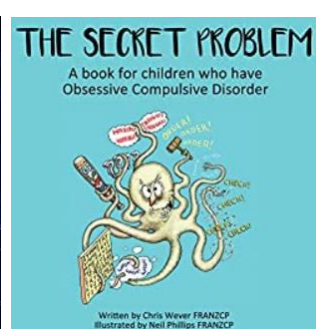
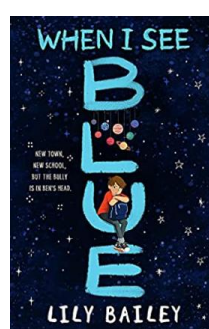
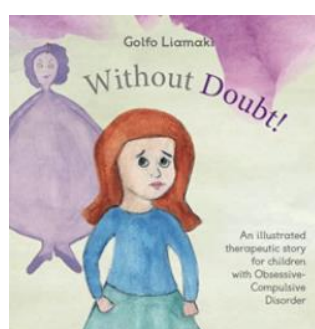
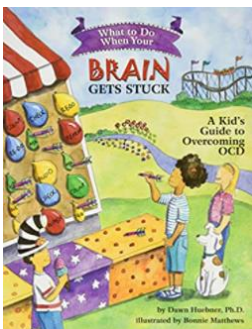
## Books for Siblings:



## Books for Younger Children:



## Books for Children/Young People:



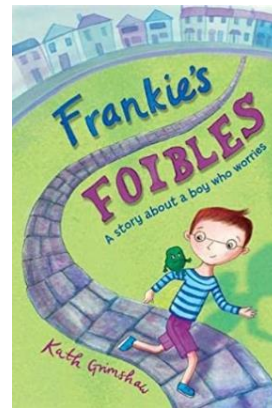
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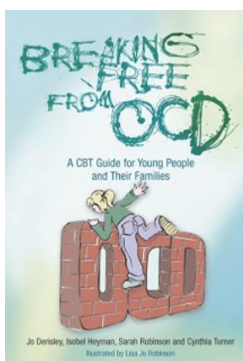
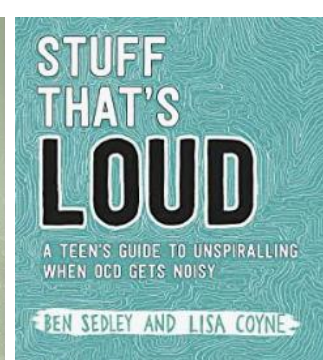
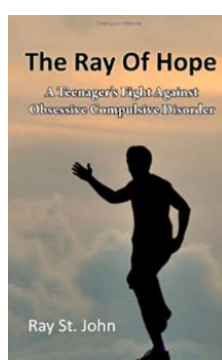
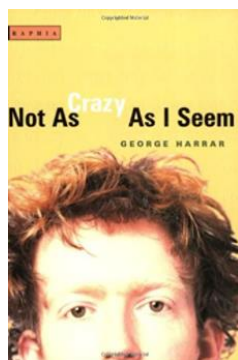
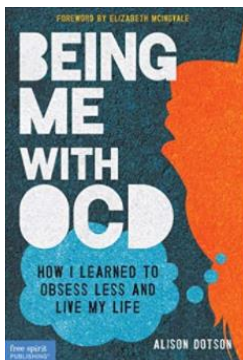
About Me  
and OCD



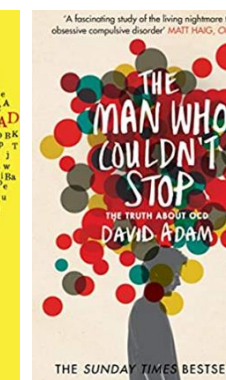
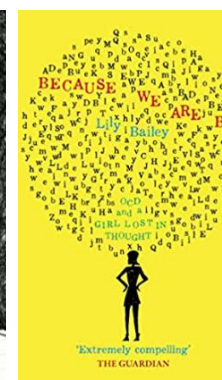
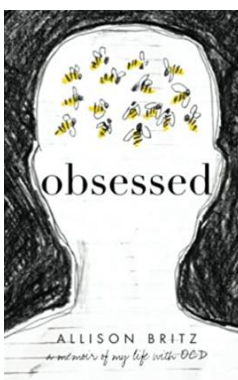
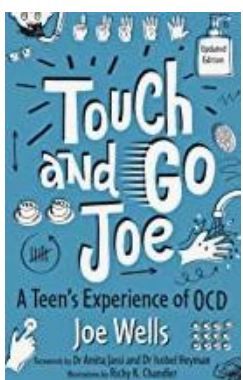
By: Alexandria  
Felton



## Books for Teenagers/Young Adults:



## Personal Accounts:





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