

Obsessive-Compulsive Disorder and Related Conditions Resources and Supports

DID YOU KNOW?

Obsessions..

- Are thoughts, images, or impulses that keep coming back to people, even when they do not want to have them
- Often cause anxiety, disgust, or a sense that things are “not quite right”; people recognize that they do not make sense
- Include fears of contamination, being immoral, becoming aggressive or accidentally harming others, or doubts about one’s actions

Compulsions...

- Are the excessive behaviors or rituals that people engage in to try and rid themselves of the distress they feel
- Are repeated acts or particular ways that people often feel compelled to engage in to get relief from their obsessions
- Include excessive washing, checking, counting, repeating, ordering, and hoarding

Obsessive-Compulsive Disorder is best treated with a combination of medication and cognitive-behavioral therapy (CBT)



Websites & Online Resources

Anxiety Canada

www.anxietycanada.com/disorders/body-focused-repetitive-behaviours

Beyond OCD

www.beyondocd.org/ocd-guides

Canadian OCD Network

www.ocdcanada.org

ConnexOntario

www.connexontario.ca

*For resources/programs in Ontario

International OCD Foundation

www.iocdf.org/about-ocd

Stopping the Noise in Your Head (\$)

www.noiseinyourhead.com

The TLC Foundation for Body-Focused Repetitive Behaviours

www.bfrb.com

Web/Phone Apps

Live OCD Free (\$) (iOS, Android)

www.liveocdfree.com

nOCD

www.treatmyocd.com

OCD Manager (iOS)

www.hanumancode.com/ocd-manager

Self-Help Anxiety Management (iOS, Android)

www.sam-app.org.uk



Crisis Lines

Distress Centre

416-408-4357

Text: 45645

Gerstein Crisis Centre

416-929-5200

Mental Health Helpline

1-866-531-2600

Ontario Drug & Alcohol Helpline

1-800-565-8603

Rape Crisis Centre

416-597-8808

Seniors Helpline

416-217-2077





Books (Self-Help/Workbooks)

Building Body Acceptance: Overcoming Body Dysmorphia

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Body-Dysmorphia

Compulsive Hoarding and Acquiring: Workbook Treatments that Work / Stekee, G., Frost, R.O (2007)

Getting Over OCD: A 10-Step Workbook for Taking Back Your Life / Abramowitz, J. (2009)

Help for Hair Pullers: Understanding and Coping with Trichotillomania / Keuthen, N.J., Stein, D.J., Christenson, G. (2001)

Helping Health Anxiety: Overcoming Health Anxiety

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Health-Anxiety

Managing Your OCD at Home

www.anxietycanada.com/free-downloadable-pdf-resources/

The Anti-Anxiety Workbook: Proven Strategies to Overcome Worry, Panic, Phobias and Obsessions / Antony, M.M., Norton, P.J (2008)

The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder / Phillips, K.A. (2005)

The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Behavior / Hyman, B.M., Pedrick, C. (2010)

Community Groups

Hope + Me: Drop-in OCD Peer Support

www.mooddisorders.ca/programs
*select region: Toronto, register online

Toronto West OCD Self-Help Groups

torontowestocdgroup@gmail.com
647-290-9409



This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.