



OCD Client Information Resource Sheet.

Online ...

OCD UK

A charity run by people who have lived experience of OCD. One of the largest and best sources of information on OCD online. It has a free downloadable informative booklet that is helpful to those whom experience OCD and those wanting to support them, available here

<http://www.ocduk.org/sites/default/files/information-booklet.pdf>

<http://www.ocduk.org>

Intrusive Thoughts. Org (and more)

A USA based site that explores OCD with quality information in relation to OCD including Intrusive Thoughts and Body Dysmorphic Disorder related content. The site is rich in information and video and has a “community” ethos. One of the better sites in terms of information, the site itself and the breadth and depth of meaningful content.

<https://www.intrusivethoughts.org>

Mind – OCD

A UK based charity, MIND has a wealth of information on their website, including detailed information about OCD and related distress. The site offers an overview of many key topics with links to more detailed information and specialist OCD support and websites. The Guides on MIND’S website can be downloaded as PDF’s for printing or sharing with others.

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/obsessive-compulsive-disorder-ocd/about-ocd/?o=6290#.WpBHZ6jFKUk>

Royal College of Psychiatrists - On OCD

OCD from a psychiatric perspective with a focus on medication alongside other information. The site appears to only offer a brief overview and draws heavily from “Evidenced based treatments”. For a brief overview of the condition this site could be helpful for some.

<http://www.rcpsych.ac.uk/healthadvice/problemsanddisorders/obsessivecompulsivedisorder.aspx>

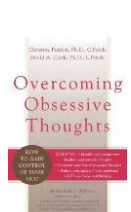
Books ...

Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT



by Fiona Challacombe, Victoria Bream Oldfield and Paul M. Salkovskis, published by Vermilion. Self Help CBT guide that some clients find helpful. This book is sometimes available from Library.

ISBN: 9780091939694 Format: Paperback Publication date: 1 September 2011 304 pages. Other formats: Ebook (9781446491843)



Overcoming Obsessive Thoughts: How to Gain Control of Your OCD

By Christine Purdon, Published by New Harbinger Publications.

The book has a focus on helping the reader understand the true nature of distressing thoughts and disconnect from the distress and power the thoughts sometimes have. Useful exercises and self-care strategies. A useful and meaningful book.

ISBN-139781572243811 Publication date 1 Jan 2005 Pages 160.