

Obsessive Compulsive Disorder

This fact sheet will give some information on Obsessive Compulsive Disorders and how to go about finding help through local statutory and voluntary agencies, in addition to national organizations.

What is Obsessive Compulsive Disorder?

Unpleasant thoughts, ideas or urges that repeatedly enter your mind or taking an inordinately long time over tasks, checking over and over that you have not made an error. If these actions or thoughts dominate your thinking, they could be called obsessions. Some of these distressing thoughts may seem unacceptable, for example, worrying about terrible things happening or about contamination via germs and dirt. In spite of your realisation that the thought seems completely ridiculous, you cannot put it out of your mind or believe it less. It can cause great anxiety, and you may get relief through performing specific tasks or rituals.

These rituals are called 'compulsions', hence the title obsessive compulsive disorder. The rituals could be anything from washing your hands a certain number of times, repeatedly opening and closing a door, checking locks many times, etc. You may feel you need to keep repeating the routine until you have done it right, or because the thoughts come again and again.

What causes it?

OCD could come from a trauma you suffered, or childhood/family issues. Research has found that OCD can run in families. There is generally a higher chance of developing OCD if there is a close member of your family that suffers from it.

OCD and Asperger's

OCD has been linked to Asperger's Syndrome and some research now connects the two. People with Asperger's can sometimes be diagnosed with OCD as they may also have compulsions and obsessions, but people with Asperger's are more likely to have difficulty in social situations, which is not necessarily a problem for those with OCD.

What can I do about it?

If you feel you would like help for OCD, see your GP, who may refer you to a psychologist. There are also voluntary and self-help organisations that deal specifically with people suffering from OCD. Different approaches work for different people. Some find talking therapies helpful and in particular cognitive behaviour therapy can help, by applying behavioural techniques to address what you are scared of by your thoughts.

Local Statutory Services

Single Point of Access

Tel: 0800 0234 650 (24/7) | Typetalk: 18001 0800 0234 650 (Monday to Friday, 5pm to 9am, weekends and bank holidays, 24 hours) | Email: cnw-tr.SPA@nhs.net

The team provides advice and guidance through a triage process, where the urgency of care required is assessed. The team also have the ability to make appointments for new referrals to see one of the community mental health teams.

Harrow Improving Access to Psychological Therapies (IAPT)

The Harrow Talking Therapies Service, 12-14 Station Road, Harrow, HA1 2SL
Tel: 020 8515 5015 | Email: harrow.iapt@nhs.net

IAPT is a national NHS programme rolling out more services across England offering treatments for people with depression and anxiety disorders

Private Sector Services

Cygnets Hospital Harrow

London Road, Harrow-on-the-Hill, Middlesex HA1 3JL.

| Tel: 020 8966 7000 | Email: harrowadmin@cygnethealth.co.uk

Web: www.cygnethealth.co.uk/locations/cygnet-hospital-harrow

Private clinic providing a full therapy programme; accepts self referrals. Outpatient consultation provided at a charge.

National Organisations

OCD Action

There are various support groups which are either user led or professionally supported.

Tel: 0845 390 6232 / 020 7253 2664 help and information line

| Email: support@ocdaction.org.uk | Web: www.ocdaction.org.uk

British Association for Behavioural and Cognitive Psychotherapies (BABCP)

Can provide details of accredited therapists

Registered office: Imperial House, Hornby Street, Bury, Lancashire BL9 5BN

Tel: 0330 320 0851 | Email: babcp@babcp.com | Web: www.babcp.com

British Association for Counselling and Psychotherapy (BACP)

See website for details of local practitioners

Mail: BACP, 15 St John's Business Park, Lutterworth, Leicestershire LE17 4HB

Tel. 01455 883300 | Email: bacp@bacp.co.uk | Twitter: @BACP |

Web: www.bacp.co.uk

Other Websites

National Mind online booklet 'Obsessive-Compulsive Disorder (OCD)'. These booklets give straightforward practical information on a range of mental health issues and contain resource lists for seeking further help.

www.mind.org.uk/help/diagnoses_and_conditions/obsessive-compulsive_disorder

The National Institute for Clinical Excellence (NICE)

NICE provides advice on how people who have these disorders should be treated and cared for.

<https://pathways.nice.org.uk/pathways/obsessive-compulsive-disorder-and-body-dysmorphic-disorder>

Support & Wellbeing Information Service Harrow (SWiSH)

SWiSH is for anyone in Harrow aged 18 years and over – those looking for help for themselves as well as carers and staff in local organisations. It can offer information or advice about a wide range of local services, including where to keep fit and well, manage finances, join social groups, look for work, start a course, access help with housing or welfare benefits or apply for a personal budget. You can call the SWiSH helpline on 020 8515 7867, Mon-Fri, 9.30am-5pm, or email:

support@SWISHHarrow.org.uk.



This factsheet was produced by Mind in Harrow

Mind in Harrow, First Floor, 132-134 College Road, Harrow, HA1 1BQ

T: 020 8426 0929 | E: info@mindinharrow.org.uk |

W: www.mindinharrow.org.uk Registered charity number 1067480