

## 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?

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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 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?

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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 Aspergers**

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 Aspergers 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?

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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

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### Assessment and Brief Treatment Services

Assessment and brief treatment teams work with service users who are new to mental health services. They will provide a detailed assessment in order to understand fully an individual's needs.

Services will aim to identify the nature of the problem for which the person has been referred, and the best way to treat the person referred to the service. This may involve an agreed brief package of care carried out within the assessment and brief treatment service (such as a talking treatment or supervised medication) or a referral to another type of mental health service, such as Improving Access to Psychological Therapies (IAPT), Primary Care Counselling, Wellbeing Centres or a service, such as the community recovery team. **Referral to these services is by your GP only.**

#### [Harrow Assessment and Brief Treatment Team](#)

An assessment of their mental health needs will be carried out by a member of the team, feedback given, and time-limited treatment offered if appropriate.

'The team is also responsible for assessing your eligibility for a personal budget for your social care support needs, currently 'substantial or critical under the FACS criteria. If you are eligible the team will assist you to apply for a Personal Budget for your support needs'.

839 Honeypot Lane, Stanmore, Middlesex HA7 1AT  
Tel: **020 8951 3770**

#### [Harrow Improving Access to Psychological Therapies \(IAPT\)](#)

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

Northwick Park Hospital, T Block, Watford Road, Harrow HA1 3UJ  
Tel: **020 8515 5015**

## Private Sector Services

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### Cygnets Hospital Harrow

London Road, Harrow-on-the-Hill, Middlesex HA1 3JL.  
Tel: 020 8966 7000  
Fax: 020 8864 6092.  
Email: [harrowadmin@cygnethealth.co.uk](mailto:harrowadmin@cygnethealth.co.uk)  
Web: [www.cygnethealth.co.uk](http://www.cygnethealth.co.uk)

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

## National Organisations

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### 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](mailto:support@ocdaction.org.uk)

Web: [www.ocdaction.org.uk](http://www.ocdaction.org.uk)

### **British Association for Behavioural and Cognitive Psychotherapies (BABCP)**

Can provide details of accredited therapists

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

Tel. 0161 705 4304

Email: [babcp@babcp.com](mailto:babcp@babcp.com)

Web: [www.babcp.com](http://www.babcp.com)

### **British Association for Counselling and Psychotherapy (BACP)**

See website or send A5 SAE for details of local practitioners BACP House, 15 St John's Business Park, Lutterworth, Leicestershire LE17 4HB

Tel. 01455 883300, Fax: 01455 550 243

Email: [bacp@bacp.co.uk](mailto:bacp@bacp.co.uk)

Web: [www.bacp.co.uk](http://www.bacp.co.uk)

## **Other Websites**

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National Mind online booklet 'Understanding 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](http://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.

<http://pathways.nice.org.uk/pathways/obsessive-compulsive-disorder?fno=1>

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