

On Line



www.ocduk.org

OCD-UK

A national OCD charity, run by and for people with lived experience of OCD

Advice Line : 0845 120 3778

Email : support@ocduk.org



www.ocdaction.org.uk

OCD Action

Provides support and information to anybody affected by OCD and works to raise awareness of the disorder

Tel : 0845 390 6232

Email : support@ocdaction.org.uk



www.anxietyuk.org.uk

Anxiety UK

Provides information and support to people suffering from anxiety disorders

Help Line : 03444 775 774

Text Service : 07537 416 905

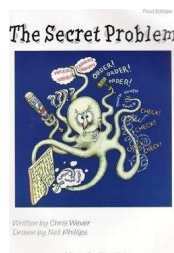


www.ocdyouth.org

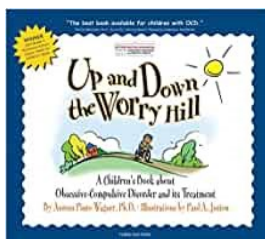
OCD Youth

A website written by and for young people with OCD, giving information on the disorder and its treatments

Books—Younger Children up to age 6

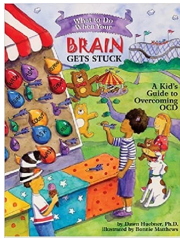


The Secret Problem by Chris Weaver



Up and Down the Worry Hill by Aureen Pinto Wagner

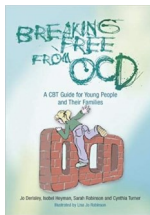
Books—up to Age 12



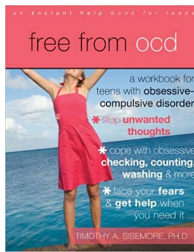
What to Do When Your Brain Gets Stuck by Dawn Huebner and Bonnie Matthews

A Kid's guide to overcoming OCD

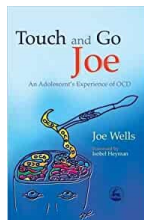
Books—Older Children



Breaking Free from OCD : A CBT Guide for Young People and Their Families by Jo Derisley, Isobel Heyman, Sarah Robinson and Cynthia Turner

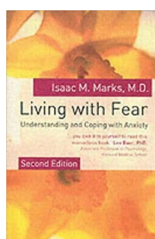


Free from OCD : A Workbook for Teens with Obsessive Compulsive Disorder (Instant Help) by Timothy Sisemore

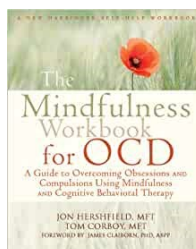


Touch and Go Joe : An Adolescent's Experience of OCD by Joe Wells

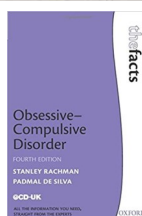
Books—Self Help



Living with Fear (2nd Revised Edition) by Isaac Marks
McGraw-Hill 2005



Mindfulness Workbook for OCD : A Guide to Overcoming Obsessions and Compulsions using Mindfulness and Cognitive Behavioural Therapy by Jon Hershfield and Tom Corboy



Obsessive Compulsive Disorder : The Facts (4th Revised Edition) by Padmal de Silva and Stanley Rachman

