

# 10 Facts About OCD

## ELEEOS COUNSELLING

1

OCD is more than being tidy. Many think OCD is just about neatness. In reality, it's a distressing condition involving unwanted thoughts and compulsive behaviours. "It's not a personality quirk—it's a mental health disorder.")

2

Obsessions are intrusive thoughts. They can be about germs, safety, or even taboo subjects. They're persistent and hard to control.

3

Compulsions are repetitive behaviours. People may wash, check, count, or repeat actions to relieve anxiety caused by their obsessions.

4

It affects children and adults. OCD can begin early in life and affect people of all ages and backgrounds.

5

It often brings shame and secrecy. Many hide their symptoms out of fear or embarrassment, delaying support.