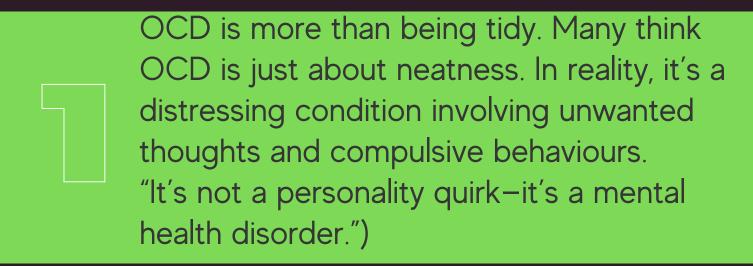
## 10 Facts About OCD

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

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

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

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