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It's often misunderstood. OCD is not about being organised or quirky—it causes real distress and can be exhausting.

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You are not alone. Thousands live with OCD. Speaking to a professional is a powerful first step.

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Mental compulsions are common too. Not all compulsions are visible. Some involve silent rituals like repeating phrases or trying to “cancel” thoughts.

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OCD often comes with other issues. People with OCD may also struggle with anxiety, depression, eating disorders or tics.

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It is treatable. Therapy helps people manage and reduce symptoms. Early help often leads to better outcomes.

Eleos
Counselling