

## How does OCD Affect a person

In its most simplistic form, OCD causes a sufferer to have distressing and unwanted thoughts. Thoughts cannot be easily dismissed and forgotten about, and because of this, they cause considerable anxiety. The sufferer usually finds that the only way to

ease this anxiety and rid themselves of these unwanted thoughts is to complete a certain task or ritual. Although this explains the basics of OCD, the actual process is usually much more complex,

and is different in each sufferer. The initial thoughts can begin because of a particular event that has happened, or they can be invented from nothing by the OCD sufferer. The ritual that follows can also be both physical or mental, and in some cases, there is no ritual that can help in easing the anxiety caused by the thoughts.



## Who are we?

The Bolton based OCD support and self help group began when a local OCD sufferer found there was a lack of any local organisation that could provide help and information concerning OCD. With the help of Bolton's Mental Health Independent Support Team (MhIST), a group was set up, its first meeting taking place in September 2000.

Although the word 'member' is used, the group is very relaxed and informal.

### What does the group do ?

Fortnightly meetings form the basis of the groups activities. These provide OCD sufferers with an opportunity to talk openly with each other, discuss relevant topics, swap advice and thoughts, etc. Occasionally, a guest speaker will be invited to



## Who can become A member?

Various social activities are organised for group members, such as meals out in restaurants & friends of group members are invited to many of these events, and MhIST counsellors can also provide specific help and support for family members and those living with an OCD sufferer. There is a variety of information leaflets available, as well as a small library of books on the subject of OCD, which members are more than welcome to borrow.

### Who can be a member ?

Anyone who suffers from OCD can join the group. It does not matter how severe your OCD is, and even if you are unsure if you are affected

by OCD, and want to know more, you are welcome to attend and have a talk with a member.

The group meets at MhIST fortnightly Monday evenings at 7:30pm No appointment needed.

Please telephone for more information



## Do you go through Obsessive rituals continually

- Have you a fear of contamination and continually washing and cleaning.
- Do you have doubts about harm coming to you or someone else causing you harm, checking of doors, taps and switches?
- Are you over concerned with exactness and symmetry leading to ordering and arranging?
- Are you urged to hoard and collect useless and worn out possessions?
- Are you obsessed with your body or physical symptoms?
- Do you have unwanted thoughts or images of violence or aggression possibly stabbing a loved one?
- Have you distressing sexual thoughts or images?
- Are you always repeating acts and mental rituals?
- Have you a problem with numbers and counting?

## How to contact the OCD Group

We can be contacted through MhIST at the address below. Just mention the OCD Group in your message or mark your mail for our attention and we will receive it. Or if you prefer you can telephone or email us.

**M.h.I.S.T.**

**30 Chorley New Road**

**BOLTON**

**BL1 4AP**

Telephone:

**01204 527200**

Fax :

**01204 528311**

Email:

**[help@mhist.co.uk](mailto:help@mhist.co.uk)**



# OCD

## OBSESSIVE

## COMPULSIVE

## DISORDER

## SUPPORT

## GROUP

# OCD