



Obsessive-Compulsive Disorder

Obsessive-Compulsive Disorder (OCD) involves anxious thoughts or rituals you feel you can't control.

Symptoms

- Obsession with germs or dirt
- Constant worry or feelings of doubt
- Frequent thoughts of violence and fear that you will harm people close to you
- Repetitive behaviors, counting and recounting

Statistics

- OCD afflicts about 3.3 million adults each year.
- Men and women are equally affected by this disease.
- One-third of adults with OCD remember symptoms from their childhood.

Tips

- OCD generally responds well to treatment and therapy, contact a mental health professional for help.

ADAMH is your community safety net. If you or someone you love needs help call 276-CARE, the front door to the ADAMH system of care.