

What is Cards?

What is Obsessive Compulsive Disorder?

OCD is a fairly common disorder involving repetitive actions, sayings or rituals which must be said or done in order to avert or obtain something, or before something else can happen. Obsessions may include hoarding things, cleanliness, tidiness or symmetry, fear of something happening to a loved one. Compulsions may be highly involved rituals, repetitive chants or checking actions, counting, touching. People with OCD have little control over what they feel a need to do. They usually know, however, that the things they are compelled to do make no sense to others. In most cases a combination of prescribed drugs and behaviour therapy help significantly.

Please be patient

More information on this learning disability can be obtained by telephoning
OAAIS on
01590 622880



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