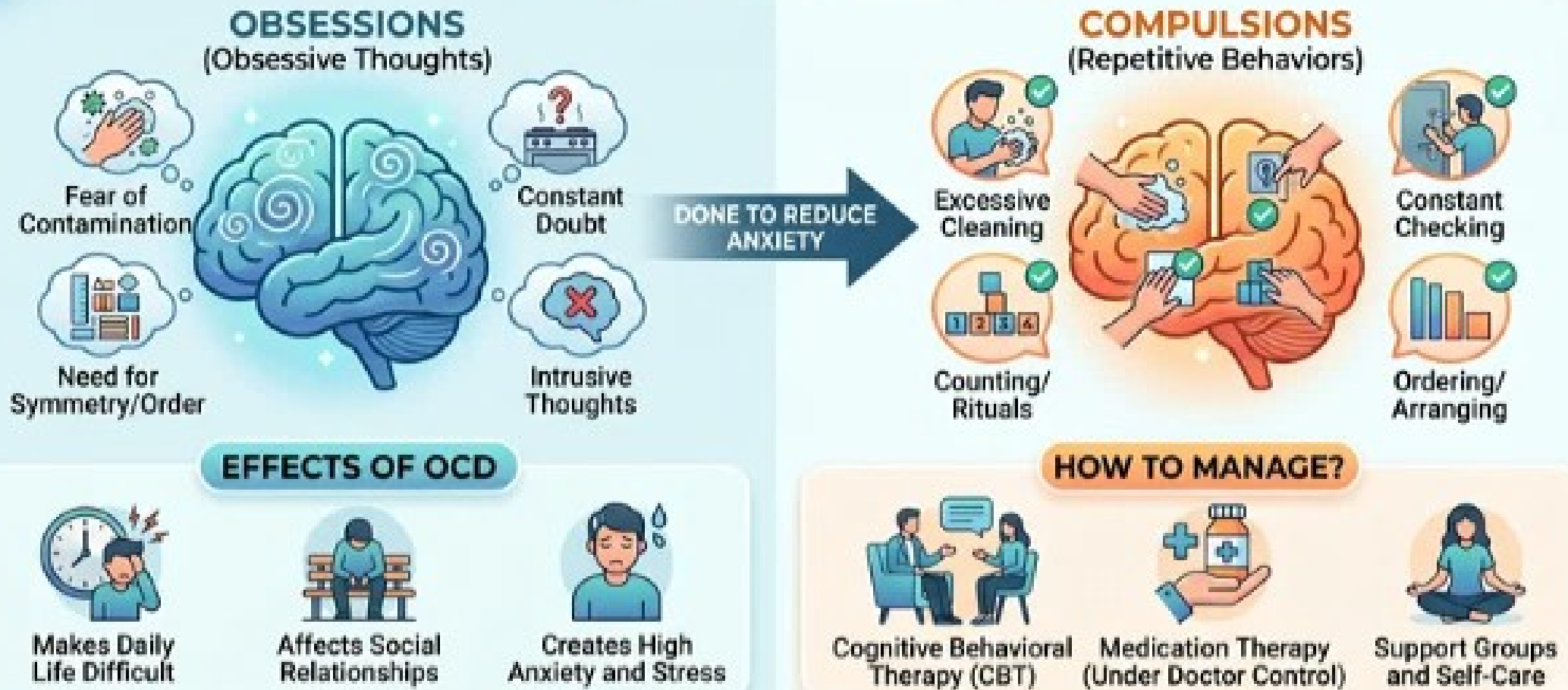


OBSESSIVE-COMPULSIVE DISORDER (OCD): What is it and How to Manage?



SEEKING PROFESSIONAL SUPPORT IS IMPORTANT.

**This visual is for informational purposes.

INTRO HOOK

Ever had a thought that just wouldn't go away?



Bringing anxiety, discomfort, and a need to "fix" something.

This is the reality for millions living with OCD.



WHAT IS OCD?



OBSSESSIONS INTENSIVE THOUGHTS



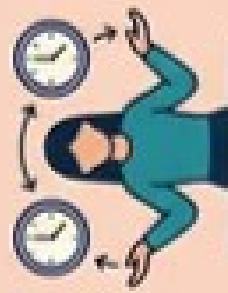
CYCLE

COMPULSIONS REPETITIVE BEHAVIORS



Obsessions → Anxiety → Compulsions → Brief Relief → Strengthening Cycle

REAL-LIFE IMPACT



Time Consuming Rituals



Social Isolation



Reduced Productivity



Emotional Exhaustion

WHY AWARENESS MATTERS



Help people recognize symptoms,



Reduce stigma & misinformation



Encourage early treatment.

2-3%
of GLOBAL
POPULATION
AFFECTED

CLOSING

OCD IS TREATABLE.

Next time you hear: "I'M A LITTLE OCD..."
remember—IT'S MUCH MORE THAN THAT.

With the right support, improve quality of life.