

## Further questions about obsessions and compulsions

Here are some websites that have helpful information about OCD:

<https://youngminds.org.uk/find-help/conditions/ocd/#what-is-ocd>

[www.ocduk.org/ocd](http://www.ocduk.org/ocd)

## Contact

### The Emotional Health Service

42 York Street, Twickenham TW1 3 BW

**T:** 020 8487 5470

#### Opening hours:

Monday to Thursday: 8.45am to 5.00pm

Friday: 8.45am to 4.45 pm

**W:** [www.afcinfo.org.uk/emotionalhealthservice](http://www.afcinfo.org.uk/emotionalhealthservice)

## Emotional Health Service

---

# OCD



# Obsessive compulsive feelings

---

A leaflet for young people

## What are obsessions and compulsions?

Obsessions are thoughts that are hard to get out of your mind. They may cause a young person to believe that thought will only go away if they behave in a certain way. For example, some young people have strong thoughts and feelings that they have to repeat certain rituals or behaviours over and over. Compulsions are repetitive behaviours, actions or rituals that are caused by obsessional thoughts.

Obsessions and compulsions are often strongly related to anxiety.

If obsessions and compulsions are extreme and interfere with a young person's ability to live life as they would normally they may be diagnosed with Obsessive Compulsive Disorder (OCD). However, for most young people these problems are worrying, but not extreme and can be treated easily.

## What does it look and feel like?

From the young minds website

The feelings that come with obsessive compulsive difficulties can sometimes be quite extreme and scary. The type of worrying feelings are likely to be different for each young person, but here are some examples.

- Feelings that horrible thoughts are repeatedly pushed into your mind that you can't get out
- Strong urges to do something to stop or satisfy the uncomfortable thoughts
- A relief after satisfying urges
- The need to be reassured that everything is alright by checking certain things or having other people check them for you

If you have these feelings you do not necessarily have OCD. However, if you are worried that they are affecting your life please talk to someone about them.

## Who gets them?

Many young people have obsessive and compulsive feelings at some point in their lives. However, OCD which is serious and diagnosed by mental health professionals occurs in only approximately 1.2% of the population (from the [ocduk.org](http://ocduk.org) website).

Race, religion, culture and gender do not affect whether or not a person is affected by obsessive compulsive feelings or thoughts. Usually these difficulties occur during late adolescence but they can occur earlier. There are a few factors which increase the likelihood of a young person developing obsessive compulsive feelings such as: other mental health problems, family history of OCD, stressful life events.

## What can I do about them?

If these thoughts or feelings are worrying you or affecting your life the most important thing is to talk to someone you trust about them. If they do not improve please talk to your GP, school mental health representative or call the Emotional Health Service for further support.

OCD is often treated by a talking therapy called cognitive behavioural therapy (CBT) which gives you the tools and confidence to manage difficult thoughts and feelings and to stop the compulsions. To find out more about cognitive behavioural therapy or the Emotional Health Service please visit our website:

[www.achievingforchildren.org.uk/emotional-health-service](http://www.achievingforchildren.org.uk/emotional-health-service)