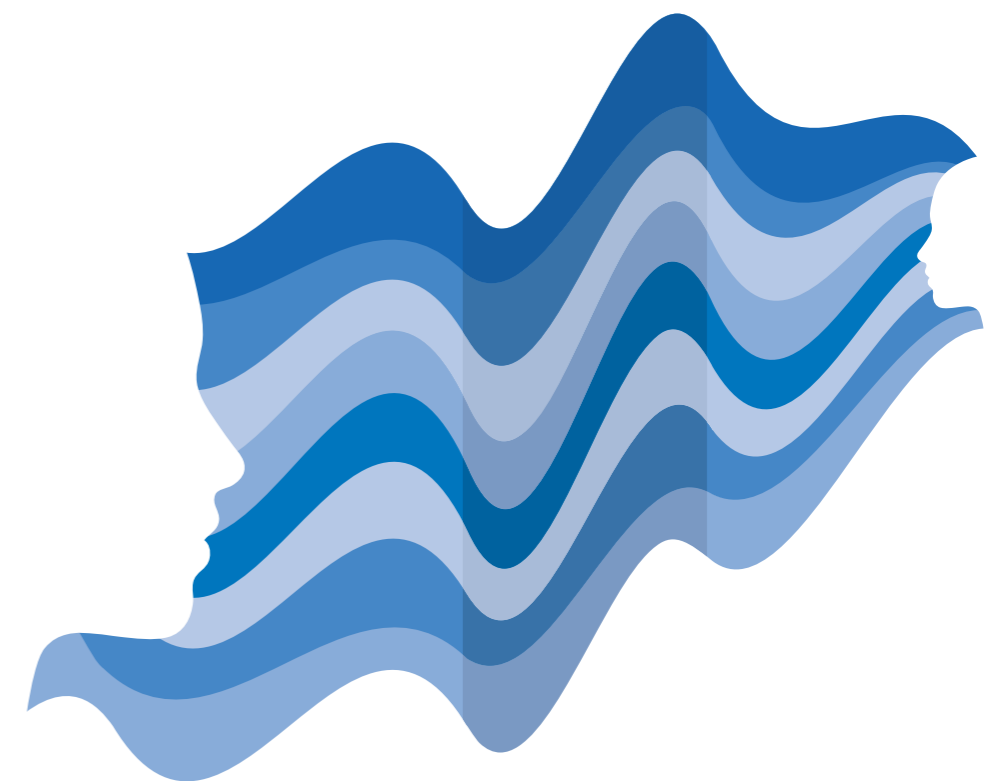




Sussex Partnership
NHS Foundation Trust

How we can help and support you: A Guide
to Obsessive Compulsive Disorder (OCD)
Mood and Anxiety Clinical Academic Group (maCAG)



How we can help and support you:

A Guide for OCD

Mood and Anxiety Clinical Academic Group (maCAG)

This is a brief summary of how we can help and support you if you are an adult experiencing obsessive compulsive disorder (OCD). We usually provide the following support and treatments. We will ask you what would help you most.



Daily Life

We will aim to offer information and support around education, work, coping with day to day life, social needs and housing needs.



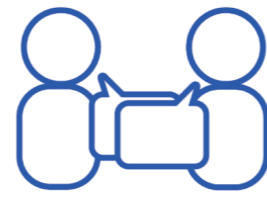
Friends and Family

We will aim to involve family, friends, carers and others with your consent.



Medication Treatment

We will aim to give you information about the suitability of medication for OCD. If necessary, we will aim to provide you with the opportunity to be prescribed with medication.



Psychological Therapies

We will aim to offer a psychological treatment called Exposure and Response Prevention, or ERP for short. This is a form of cognitive behavioural therapy (CBT). ERP is the treatment with the best evidence for helping most people overcome OCD.



Physical Health Care

If OCD is affecting your physical health, we will aim to provide advice and support to help you look after your physical health.



Self-management

We will aim to support you to use ERP to self-manage OCD and we will aim to provide information and advice about OCD support organisations, including how to access peer support.



Treatment for other difficulties

If you have other problems in addition to your OCD we will aim to provide advice and support to help you access effective care and treatment for these difficulties. This will be in line with our other summaries of help and support.

More information

For more information, please go to: www.sussexpartnership.nhs.uk/CAGS. This provides our Menu of Care and Interventions for OCD of which this document is a summary. It also provides links to the guidelines produced by the National Institute for Health and Care Excellence (NICE).

If you require this document in another format such as large print, audio and other community language please contact the Clinical Academic Groups at: cags@sussexpartnership.nhs.uk