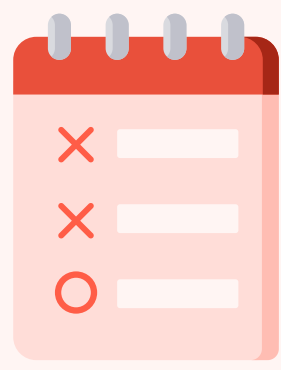


OCD isn't what you think

OCD is a severe and misunderstood chronic condition that affects **1 in 40 people.**



Howie Mandel
NOCD Partner



OCD ISN'T

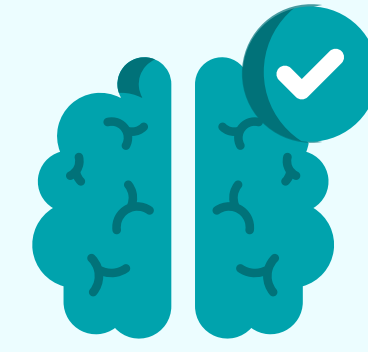
A fun and helpful personality quirk

A flippant way to describe being a “neat freak” or a “germophobe”

Being overly interested in or devoted to a particular subject

Something that should be joked about in the media

Managed by standard CBT therapy



OCD IS

Ranked as the 10th leading cause of disability by the World Health Organization

Recurring fears that often have violent, sexual, contamination, religious and relationship themes

An internal war to disprove thoughts, images, and urges with 100% certainty

Managed effectively by **Exposure and Response Prevention (ERP)** Therapy



Amanda Smith, LCSW



Your Employees Can Now Access NOCD Therapists

Do live virtual sessions with a NOCD Network ERP Therapist and get support between sessions from peer communities and self-help tools.