

# OBSESSIVE COMPULSIVE DISORDER: RESOURCES FOR CHILDREN, ADOLESCENTS, PARENTS, AND SCHOOLS

## RESOURCES FOR CHILDREN AND ADOLESCENTS

### Anxiety Care UK

Working with you towards recovery

**Anxiety Care UK** is a community Organization based in Redbridge run by trained recovery support workers who provide a variety of services.

- Although their services are for adults only, they do have information on OCD in children
- General information on OCD in children: <http://anxietycare.org.uk/ocd-oc-spectrum/ocd-in-children/>

### OCDuk

**OCD** is a national charity run by and for people with lived experience of OCD

- General information about OCD <https://www.ocduk.org/ocd/>
  - Includes the stories of other children and adolescents with OCD and gives the opportunity to share your own story
- General information about OCD and its management: <https://www.ocduk.org/overcoming-ocd/>

### YOUNGMINDS

**Young Minds** is an organization that supports and empowers young people with whatever challenges they may be facing

- General information about OCD <https://youngminds.org.uk/find-help/conditions/ocd/>
  - Covers symptoms, tips and advice, information on treatment, where to get help and more
- Guides to support for young people: <https://youngminds.org.uk/find-help/your-guide-to-support/>
- Young Minds Crisis Messenger: 24/7 crisis support across the UK by free texting YM to 85258
  - Run by trained volunteers that will listen to you and help you think through your feelings until you are calm
  - It is a free and anonymous service
- Blog entries written by young people with OCD

### ocdaction it's time to act

**OCD Action** is a national charity focusing on Obsessive Compulsive Disorder

## OCD resource list-Redbridge CAMHS/EWMHS

- Main website: <https://www.ocdaction.org.uk/>
- General information on OCD: <https://ocdaction.org.uk/learn-about-ocd/>
- Talk to someone
  - Phone support: 0845 390 6232
  - Email support: [support@ocdaction.org.uk](mailto:support@ocdaction.org.uk)
- Local group
  - Anxiety Care UK-Romford
  - 372 Chadwell Heath Lane, Romford, Essex, RM6 4Y



**No Panic** is a registered charity which help people who suffer from Panic Attacks, Phobias, OCD, and other related anxiety disorder and provides support.

- General website: <https://nopanic.org.uk/about-us/>
- No Panic Youth Hub: <https://nopanic.org.uk/youth-hub/>
  - Specific webpage designed for children and adolescents
  - **Youth Helpline**: 0330 606 1174 (3pm-6pm Mon-Fri and 6pm-8pm Thur and Sat)
    - For young people ages 13-20
  - **Youth Mentoring scheme**: done over the telephone during 6 weeks where you learn coping skills and exposure to your feels as well as get taught tools to help improve your wellbeing
    - For more information call us on 0330 606 1174 or email us at [info@nopanic.org.uk](mailto:info@nopanic.org.uk)
    - Link: <https://nopanic.org.uk/product/youth-mentoring/>
- £5 membership includes telephone support service, access to befriending groups, and much more
  - Link: <https://nopanic.org.uk/product/youth-membership/>



**OCD Youth** aims to increase awareness and access to support anyone under the age of 25 affected by OCD

- It is run by and for young people with OCD and organize trips, online meet-ups, campaigning activities, and produce a range of media and videos to improve awareness
- General information and support: <https://ocdyouth.org/support-info/>
- E-Helpline: A confidential and unbiased service offering help, information and support for young people under 25 who have OCD (or think they might have)
  - Currently operated via email, they aim to respond within 3 days.
  - [youthhelpline@ocdaction.org.uk](mailto:youthhelpline@ocdaction.org.uk)
- Online Youth Support Groups
  - Meets once a month on Skype

- Link: <https://ocdyouth.org/articles/online-youth-support-group/>
- Videos: informational videos about coping and managing OCD  
<https://ocdyouth.org/videos/>
- Blogs: a space where members can talk openly and honestly about issues relating to OCD. <https://ocdyouth.org/blogs/>

## childline

**Childline** offers advice and support for a range of problems for children and adolescents

- 1-2-1 confidential counsellor chat
- Free phone calls: 0800 1111
- Message boards, informational games, and videos
- <https://www.childline.org.uk/>



**The Mix** is the UK's leading support service for young people. They are there to help you young people ages 25 and under on any challenge you're facing

- Call line (08088084994)
  - Open 7 days a week from 4pm to 11pm.
- 1-2-1 chat available <https://www.themix.org.uk/get-support/speak-to-our-team>
  - You can also webchat to us 7 days a week from 4pm to 11pm, however chats may not be connected after 10:15pm.
- Anxiety, OCD, and Phobias information and support page:
  - Contains multiple articles about dealing with all types of mental health difficulties
  - <https://www.themix.org.uk/mental-health/anxiety-ocd-and-phobias>

## MADE OF MILLIONS

**Made of Millions**

- "School and OCD" with helpful information about how OCD can affect you at school and what some triggers might be
  - Link: <https://www.madeofmillions.com/ocd/school-and-ocd>



**Side by Side** is a supportive online community where you can be yourself and talk to others about the problems you are facing

- This is a free service and all you have to do is sign up
- You can participate as much or as little as you want
- Link: <https://sidebyside.mind.org.uk/>



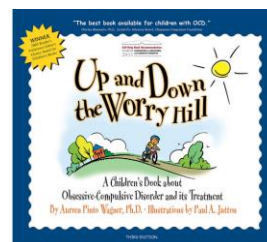
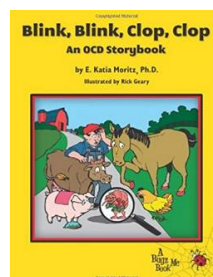
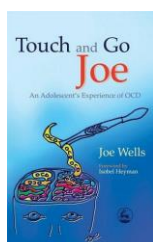
**Mind** provides advice and support to empower anyone experiencing a mental health problem and campaigns to improve services, raise awareness and promote understanding

- General information about OCD: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/obsessive-compulsive-disorder-ocd/about-ocd/>
- Helpline at 0300 123 3393 which is free
  - Email at [info@mind.org.uk](mailto:info@mind.org.uk)
  - Text: 86463
  - Post: PO box 75225 London, E15 9FS
  - You can ask them about any mental health problems, treatment options, where to get help near you, and advocacy services

### BOOKS FOR CHILDREN AND TEENS

- **Breaking Free from OCD: A CBT Guide for Young People and Their Families** by Sarah Robinson and Cynthia Turner Jo Derisley, Isobel Heyman
  - ISBN: 9781843105749
  - Available in Redbridge Libraries:  
[https://llc.ent.sirsidynix.net.uk/client/en\\_GB/redbridge/search/results?qu=9781843105749&te=&lm=REDBRIDGE](https://llc.ent.sirsidynix.net.uk/client/en_GB/redbridge/search/results?qu=9781843105749&te=&lm=REDBRIDGE)
- **What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD** By Dawn Huebner—A CBT guide for younger children and their parents published by the American Psychological Association
- **Touch and Go Joe: An Adolescent's Experience of OCD** by Joe Wells
  - ISBN: 9781843103912
  - Available in Redbridge Libraries:  
[https://llc.ent.sirsidynix.net.uk/client/en\\_GB/redbridge/search/results?qu=9781843105749&te=&lm=REDBRIDGE](https://llc.ent.sirsidynix.net.uk/client/en_GB/redbridge/search/results?qu=9781843105749&te=&lm=REDBRIDGE)
- **Free from OCD: a workbook for teens** by Timothy A Sisemore—recommended by OCD Action
- **Up and Down the Worry Hill** by Aureen Pinto Wagner and Paul A Jutton
- **Blink, Blink, Clop, Clop** by E Katia Moritz –recommended by OCDinkids.com
- **Can I tell you about OCD?** by Amita Jassi
  - Available in Redbridge Libraries:  
[https://llc.ent.sirsidynix.net.uk/client/en\\_GB/redbridge/search/detailnonmodal/ent:\\$002f\\$002fERC\\_2092\\_680\\$002f0\\$002fERC\\_2092\\_680:OVERDRIVE:291281af-182f-4ce1-b2c9-e035c2e8fd0c/one?qu=Can+I+tell+you+about+OCD%3F&lm=REDBRIDGE](https://llc.ent.sirsidynix.net.uk/client/en_GB/redbridge/search/detailnonmodal/ent:$002f$002fERC_2092_680$002f0$002fERC_2092_680:OVERDRIVE:291281af-182f-4ce1-b2c9-e035c2e8fd0c/one?qu=Can+I+tell+you+about+OCD%3F&lm=REDBRIDGE)
- **Little parachutes website for therapeutic story picture books** about anxiety for younger children
  - Link: <https://www.littleparachutes.com/category/feelings/anxiety/>

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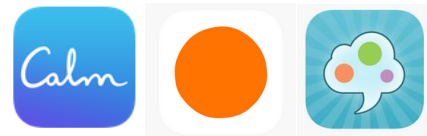
## USEFUL VIDEOS AND PODCASTS

- **OCD is not Me** by OCD Action, and the South London and Maudsley NHS Foundation Trust
  - **About this video:** Young people who were treated for OCD tell their stories
  - **Link:** [https://www.youtube.com/watch?v=\\_LGHSuB\\_-bk](https://www.youtube.com/watch?v=_LGHSuB_-bk)
- **What I wish people knew about OCD** by OCD Action
  - **About this video:** A young girl with OCD discusses her own experiences about what she wishes other people knew about the disorder
  - **Link:** <https://www.youtube.com/watch?v=puUllAufJAU>
- **GoHackify: Kick Childhood OCD to the Curb** by GoZen!
  - **About this video:** An introduction to an animated treatment program for OCD
  - **Link:** <https://www.youtube.com/watch?v=lBbVzvIoPCQ>
- **How to deal with Intrusive Thoughts** by Mark Freeman
  - **About this video:** A simple explanation of intrusive thoughts with tips and advice on how to deal with them
  - **Link:** <https://www.youtube.com/watch?v=laeYq51SYA0>
- **Killing OCD Monsters** by Mark Freeman
  - **About this video:** gives information and advice on how to stop feeding your compulsions
  - **Link:** [https://www.youtube.com/watch?v=yRSaOR\\_1aiA&list=PLpPElbtshpIVR58gh-lH-XiOVdt\\_MRAe&index=83&t=250s](https://www.youtube.com/watch?v=yRSaOR_1aiA&list=PLpPElbtshpIVR58gh-lH-XiOVdt_MRAe&index=83&t=250s)
- **Let's talk about CBT: CBT for Obsessive Compulsive Disorder (podcast)** by Dr. Lucy Maddox Consultant Psychologist
  - **About this podcast:** A client's experience of OCD who speaks about his journey towards recovery with the help of CBT.
  - **Link:** <http://letstalkaboutcbt.libsyn.com/cbt-for-obsessive-compulsive-disorder>
- **In Conversation...OCD (podcast)** by the Association for Child and Adolescent Mental Health
  - **About this podcast:** Jo Carlowe, a journalist has a conversation about OCD with Dr. Amita Jassi and Dr. Gazal Jones, Clinical Psychologists from the National and Specialist Obsessive Compulsive Disorder Service for Children and Young People, Psychiatrist from South London and Maudsley NHS Foundation Trust
  - **Link:** <https://www.acamh.org/podcasts/o cd-conversation/>



## APPS

- **SAM:** Self-help for anxiety management
  - Developed in collaboration with UWE Bristol
  - Helps understand what causes anxiety
  - Monitors anxious thoughts and behaviors over time via self-help exercises
  - Allows for experience sharing with other users
  - <http://sam-app.org.uk/>
- **Live OCD Free:** interactive app designed to guide users through the evidence-based treatment, Exposure and Response Prevention (ERP) for COD
  - Provides a cognitive toolkit, ERP reminders and guide
  - Free
- **Calm:** award winning meditation app to help with sleep, increasing confidence, reducing stress and anxiety
  - Contains guided meditations, breathing exercises, relaxing music, sleep stories, masterclasses and many more
  - Some features are free but full access costs 7.99/month
- **Headspace:** mindfulness/meditation app which helps you train your mind to experience less stress, better sleep, focus and improved relationships
  - Contains a 30-day pack focussing on anxiety and a 2minute SOS session designed to help in moments of high anxiety
  - Free 2week trial and then costs 49.99/year



## RESOURCES FOR PARENTS ON OCD



ANXIETY AND DEPRESSION  
ASSOCIATION OF AMERICA

### Anxiety and Depression Association of America

- Online guide "How to Help your Child: A Parent's Guide to OCD"  
<https://adaa.org/sites/default/files/How-to-Help-Your-Child-A-Parents-Guide-to-OCD.pdf>



### Royal College of Psychiatrists

- Contains a webpage which explains what OCD is, who it affects and what can be done to help specifically targeted at parents or carers
- Obsessive-Compulsive disorder in child and young people: information for parents and carers: <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/obsessive-compulsive-disorder-in-children-and-young-people-information-for-parents-and-carers>



#### NHS

- General information on OCD, its symptoms and treatment options: <https://www.nhs.uk/conditions/obsessive-compulsive-disorder-ocd/>
- Online guide “Helping Your Child with Obsessive Compulsive Disorder: A Parent/Carer Self-Help Guide” <https://www.anxietyuk.org.uk/wp-content/uploads/2010/06/Helping-your-child-with-Obsessive-Compulsive-Disorder.pdf>



**Child Mind Institute:** dedicated to young people mental health

- A Parent’s Guide to OCD: with general information about the disorder, its treatment and extra resources
  - Link: <https://childmind.org/guide/parents-guide-to-ocd/>
- “Ask and Expert”: you can see the questions other parents and teachers have sent them and the answers provided for by clinicians
  - Link: <https://childmind.org/topics-a-z/ask-an-expert/>



**MindEd for families** offers advice and information from experts to help understand what problems occur, what you can do to support your family, and how to take care of yourself

- Link to website: <https://mindedforfamilies.org.uk/young-people/>
- Obsessive-compulsive disorder MindEd session which describes what OCD is, how it’s treated using evidence-based approaches and covers the causes of OCD
  - Link: [https://mindedforfamilies.org.uk/Content/common\\_problems\\_obsessive\\_compulsive\\_disorder/#/id/5a8ee2874b8648d476fd10b9](https://mindedforfamilies.org.uk/Content/common_problems_obsessive_compulsive_disorder/#/id/5a8ee2874b8648d476fd10b9)



**Nip in the Bud** work with mental health professionals to produce short films and fact sheets to help parents and carers recognize potential mental health conditions.

- Online guide “Recognizing OCD in Children” <https://nipinthebud.org/wp-content/uploads/2017/11/NITB-RecognisingOCDFactSheet.pdf>



**Young Minds** support and empower young people and their families with whatever challenges they may be facing

- Offer a parent's helpline for if you are worried about a child or young person ages 25 and under
  - **Call:** 0808 802 5544
    - Open Mon-Fri 9:30-4pm
    - Free and confidential service where you get expert advice
  - **Question Forum:** <https://youngminds.org.uk/contact-us/parents-helpline-enquiries/>
    - Respond within 3 working days



#### **Anxiety Canada:**

- Online courses for parents for parents and carers to coach anxious children or teens
- **Link:** <https://maps.anxietycanada.com/courses/child-map/>

#### **International OCD Foundation**

- Has a section dedicated to parents and families that contains various webpages containing general information, advice on how to talk to your child or teen about OCD, findings the right therapist and much more
- **Link:** <https://kids.iocdf.org/for-parents/>

#### **VIDEOS FOR PARENTS**

- **OCD in Children** by Nip in the Bud
  - **About this video:** It explains how to identify and help a child showing the symptoms of OCD
  - **Link:** [https://www.youtube.com/watch?v=sygcI39Fjsw&feature=emb\\_title](https://www.youtube.com/watch?v=sygcI39Fjsw&feature=emb_title)
- **OCD: advice for parents** by the South London and Maudsley NHS Trust
  - **About this video:** Dr Isobel Heyman, Consultant Psychiatrist from South London and Maudsley NHS Foundation Trust provides advice for parents who are worried their children might have Obsessive Compulsive Disorder (OCD)
  - **Link:** <https://www.youtube.com/watch?v=fCJLiTGhcd4>
- **OCD: assessment and treatment** by the South London and Maudsley NHS Trust
  - **About this video:** Dr Isobel Heyman, Consultant Psychiatrist from South London and Maudsley NHS Foundation Trust describes what assessment and treatment involves for young people with Obsessive Compulsive Disorder (OCD)
  - **Link:** <https://www.youtube.com/watch?v=6Fo8snUyA54>
- **Explaining OCD** by the International OCD Foundation
  - **About the video:** Dr. Aureen Wagner gives parents helpful tips on how to explain OCD to children
  - **Link:** [https://www.youtube.com/watch?v=HL1JrhnemAA&feature=emb\\_title](https://www.youtube.com/watch?v=HL1JrhnemAA&feature=emb_title)

## RESOURCES FOR SCHOOLS



**Child Mind Institute** has resources for educators to help them identify and respond effectively to children with signs of a mental health disorder and offer...

- **“Student Success Webinar Program”**: provides evidence-based actionable strategies to help educators better identify and respond to children who struggle
  - Link: <https://childmind.org/our-impact/school-and-community/student-success-webinar-program/>
- **“Ask and Expert”**: you can see the questions other parents and teachers have sent them and the answers provided for by clinicians
  - Link: <https://childmind.org/topics-a-z/ask-an-expert/>
- **Classroom Strategies**
  - <https://childmind.org/audience/for-educators/>
- **Online guide “Teacher’s Guide to OCD in the classroom”** <https://childmind.org/guide/a-teachers-guide-to-ocd-in-the-classroom/>



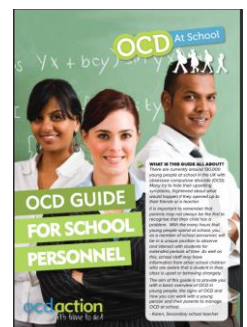
### OCD Action

- **Online guide “OCD Guide for School Personnel”**: Provides staff a basic overview of OCD in young people, the signs of OCD, and how you can work with a young person and their parents to manage OCD at school
  - Link: <https://ed4health.co.uk/wp-content/uploads/2018/12/OCD-at-School.pdf>



### Anna Freud National Centre for Children and Families:

- **Mentally healthy schools**: Contains toolkits and guides for schools to deal with and talk about mental health <https://www.mentallyhealthyschools.org.uk/>
  - **“OCD Information of people supporting a child”**: <https://www.mentallyhealthyschools.org.uk/resources/ocd-information-people-supporting-a-child/?searchTerm=OCD>
  - **“Obsessive-compulsive Behavior”** provides information about spotting th of OCD and top tips about dealing with it at school <https://www.mentallyhealthyschools.org.uk/mental-health-needs/obses-compulsive-behaviour/?searchTerm=OCD>



**Anxiety and Depression Association of America**

- Webpage dedicated to OCD at school: with helpful information on how OCD may present in school and how it affects academic performance
- **Link:** <https://adaa.org/understanding-anxiety/obsessive-compulsive-disorder/ocd-at-school>



**Anxiety Canada**

- An Online guide for “Identifying and Supporting Students with OCD in Schools”
- **Link:** [http://anxietycanada.com/wp-content/uploads/2019/02/ocdschools\\_0.pdf](http://anxietycanada.com/wp-content/uploads/2019/02/ocdschools_0.pdf)