

HELP IS RIGHT HERE!

For more information or to
schedule an appointment, call
St. Elizabeth Physicians Behavioral Health
at **(859) 301-5901**.

Helpful Phone Numbers

▶ Youth:

Cincinnati Children's Hospital
Division of Psychiatry:
(513) 636-3200

▶ Youth & Adults:

SUN Behavioral Health:
(859) 429-5188

If you or a loved one are having suicidal thoughts,
get help right away!

Call **(800) 273-8255** to speak with a suicide
prevention expert 24 hours a day, seven days a week.



Behavioral Health: OBSESSIVE- COMPULSIVE DISORDER (OCD)

You're not alone.



INVASION OF UNCONTROLLABLE THOUGHTS.

Obsessive-compulsive disorder (OCD) is a common mental health disorder in which recurring intrusive thoughts and behaviors can trigger intense upsetting feelings. These feelings lead to compulsions as an attempt to get rid of the obsession and decrease distress.

Symptoms:

OCD has two distinct categories of behavior: obsessive thoughts and compulsive behavior.

Obsessions: repeated, unwanted, anxiety-producing thoughts, images or impulses.

- Aggressive thoughts, fear of harming self or others.
- Extensive focus on things being symmetrical and perfectly ordered.
- Germ fear or phobia.
- Unwanted or spiraling thoughts or mental images on “forbidden” topics, often sexual or religious.

Compulsions: repetitive behaviors as an attempt to get rid of obsessive thoughts.

- Compulsive counting.
- Excessive handwashing.
- Extreme cleaning.
- Ordering things in a particular way.
- Repeated checking on things.
- Saying and doing the same thing over and over.

If you or a loved one are experiencing obsessive and/or compulsive symptoms consistently and are spending more than an hour a day engaged in these thoughts or behaviors, it's time to seek help. These symptoms will continue to escalate until they cause significant issues.



Treatment:

Treatment for OCD is different for everyone – some people respond positively to medication alone, such as serotonin reuptake inhibitors (SSRIs). However, most people respond best to a combination of SSRI medication and psychotherapy. The therapist may use evidence-based treatments such as individual cognitive-behavioral therapy (CBT) or exposure and response prevention (EX/RP).

Our team of experts at St. Elizabeth Behavioral Health are here to help connect you with the treatment option that's best for you. The first step towards retraining your thoughts and behaviors is to call (859) 301-5901 and schedule an appointment with one of our specialists. We will be here for you, every step of the way.