

OBSESSIVE-COMPULSIVE DISORDER

Where to go when you're looking for help

Obsessive-compulsive disorder (OCD) is a common and long-lasting disorder. People with OCD experience both uncontrollable recurring thoughts (obsessions) and repetitive or ritualistic behaviours (compulsions) that they feel an urge to perform.

Although most people have intrusive thoughts now and again, obsessions are distressing, uninvited thoughts that surface over and over, even when the person tries not to have them. People with OCD usually know that their obsessions are unrealistic creations of their own minds, but they cannot control, ignore or get rid of them. To relieve the distress and anxiety caused by the obsessions, people with OCD often perform repetitive behaviours or rituals. Many people have specific ways of doing things, but for people with OCD, these behaviours, or compulsions, may become “stuck,” and can last for hours. In OCD, obsessions and compulsions interfere with the person’s ability to function in everyday life.

Recommended treatments

People with OCD may try to help themselves by avoiding situations that trigger their obsessions. Although most adults with OCD recognize that what they are doing doesn’t make sense, some adults and most children may not realize that their behaviour is out of the ordinary.

People with OCD should get treatment that is specific to OCD from a qualified therapist. Some forms of traditional psychotherapy do not relieve OCD symptoms, but ongoing treatment that combines cognitive-behavioural therapy (CBT) and medication usually helps. Both individual and group therapy are effective. Continuing with treatment even after symptoms have improved can help to maintain gains and prevent relapse.

*Please contact Access CAMH (416 535-8501, option 2) if you would like to get a resource sheet that lists places in the community that offer CBT.

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please e-mail the information to us at access.resources@camh.ca.

This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.

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Adult Community Resources (covered by OHIP)

St. Joseph's Healthcare – Anxiety Treatment & Research Clinic

50 Charlton Ave. East, Hamilton, ON

www.stjoes.ca/health-services/mental-health-addiction-services/mental-health-services/anxiety-treatment-and-research-clinic-atrc

905 522-1155 ext. 33697

Services offered: Treatment for OCD, including CBT; booster group sessions following treatment; family support and education groups

Eligibility: Children and adults

Referral: Physician referral required via fax to 905 521-6120

Note: Pre-program screen required

Centre for Addiction and Mental Health – Mood and Anxiety Service

100 Stokes St., Toronto, ON

www.camh.ca/en/your-care/programs-and-services/mood-anxiety-ambulatory-services

416 535-8501 (press 2 to inquire about this service).

Services offered: For adults, psychiatric consultations and time- limited group-based CBT for mood, anxiety and obsessive-compulsive disorder. treatment and follow-up, education and services for families; monthly drop-in booster CBT group for clients who have completed the CBT for OCD group

Referral: Physician referral required. Download the form from the website and call your doctor. New referrals can be faxed to Access CAMH at 416 979-6815

Note: Children and youth with OCD are referred to SickKids

Sunnybrook Health Sciences Centre – Frederick W. Thompson Anxiety Disorders Centre

2075 Bayview Ave., Toronto, ON

<https://sunnybrook.ca/content/?page=frederick-thompson-anxiety-disorders-centre>

416 480-6832

Services offered: One-time appointment with a psychiatrist and a follow-up appointment six weeks later, plus an annual reassessment if needed; cognitive-behavioural therapy (CBT) and a mindfulness-based cognitive therapy (MBCT) group for OCD; residential program at Bellwood Health Services Facility (individual or group CBT); day treatment program at Bellwood (individual and group programming to transition from residential treatment to discharge); peer support; weekly art therapy.

Eligibility: Individuals 18 to 65 years with a principle diagnosis of OCD. For CBT and MBCT, must live within boundaries of Bathurst Street (west), Sheppard Avenue (north), the DVP (east) and St. Clair Avenue (south).

Referral: Physician referral needed. Download referral form from website. Referral forms can be faxed to 416 645-0592 or you can call 416 652-2010 ext. 100.

Note: New CBT and MBCT groups start about every four months. Members are expected to attend at least 90 per cent of the sessions and to do regular homework.

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Child and Youth Resources

Hospital for Sick Children

555 University Ave., Toronto, ON
www.sickkids.ca/psychiatry/index.html
 416 813-7005
intake.mhap@sickkids.ca

Services offered: Outpatient, day hospital and inpatient programs: CBT, supportive therapy, interpersonal therapy; six-day hospital program for youth aged 12 to 17 that covers skill building, medication adjustments, transition from inpatient psychiatry, diagnostic clarification, short-term therapeutic interventions

Eligibility: Birth to age 18. Varies by program.

Referral: Services accessed through the Mental Health Access Program. Physician/pediatrician referral needed.

Waitlist: Referrals are reviewed within two weeks of submission. Family members/caregivers are contacted if services are available for their needs.

Sunnybrook Health Sciences Centre – Youth Division

2075 Bayview Ave., Toronto, ON
<http://sunnybrook.ca/content/?page=pyschiatry-youth-programs>
 416 480-6100

Services offered: Inpatient program (age 14 to 20) to assess and treat mood and severe anxiety disorders; outpatient program (age 14 to 18) for youth with complex mood and/or anxiety issues; Fresh Start, a school-based program to help students with anxiety and mood disorders transition back to school

Eligibility: Age 14 to 20. Specific age varies by program

Referral: Physician referral needed. Download referral form from website

Turning Point Youth Services

95 Wellesley St. East, Toronto, ON
www.turningpoint.ca
 416 925-9250

Services offered: free individual, family and group counselling, residential treatment, transitional housing

Eligibility: Age 12 to 24, but varies by program: age 12 to 18 for transitional housing

Referral: Self-referrals accepted

Waitlist: Calls are returned within 48 hours. Waitlist may vary based on program and availability.

Support Groups

Anxiety Empowered Support Group

25 Ruth Ave., Brampton, ON
 Heart Lake Presbyterian Church
 905 451-2123
info@heartlakechurch.com

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Services offered: Anxiety support group Tuesday evenings at 7:00 p.m.

Note: This group is for anxiety in general, not for OCD specifically.

Mood Disorders Association of Ontario – OCD Psycho-Educational Peer Support Group for Families and Friends

36 Eglinton Ave. West, Suite 602, Toronto, ON

416 486-8046 ext. 238

elyseg@mooddisorders.ca

Services offered: Monthly support group for families and friends of a loved one with OCD

Note: To register, phone or e-mail.

OCD Canada – Obsessive Compulsive Disorder Support

120 Carlton St., Boardroom, Toronto, ON

<http://ocdcanada.org>

416 844-4630

ocddowntown@hotmail.com

Services offered: Group support for individuals with OCD

Note: 3rd Wednesday of every month, 6:30 to 8:30 p.m.

Toronto–Eglinton Self-Help Group

Central Eglinton Community Centre, 160 Eglinton Ave. East

416 392-0511 ext. 223

john@centraleglinton.com

Services offered: Support group first Tuesday of each month, 7:00 to 9:00 p.m.

Note: No registration needed. Group closed July and August.

Toronto West Obsessive Compulsive Disorder Self-Help Group

1558 Bloor St. West, Toronto, ON

The Centre (Romero House)

torontowestocdgroup@gmail.com

647 290-9409

Services offered: Peer-led support group for individuals with OCD, and their family and friends third Thursday of each month, 7:00 p.m. to 9:30 p.m.

Referral: No registration required.

Note: Free of charge. Call or e-mail before attending to confirm time. Group closed July and August.

OCD Organizations

Canadian Institute for Obsessive Compulsive Disorders

www.ictoc.org

Anxiety Resource Information

AnxietyBC

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www.anxietybc.com

Services offered: An online resource network of self-help tools, worksheets and grounding strategies for people with various anxiety disorders

Anxiety Disorders Association of America

www.adaa.org

Anxiety Disorders Association of Ontario

www.anxietydisordersontario.ca

info@anxietydisordersontario.ca

Services offered: An online resource that provides information about anxiety disorders and about community supports across Ontario

Anxiety Disorders Association of Canada

www.anxietycanada.ca

OCD Self-Help Books

Abramowitz, J.S. (2018). *Getting over OCD: A 10-step workbook for taking back your life* (2nd ed.). New York: Guilford Press.

Baer, L. (2012). *Getting Control: Overcoming your obsessions and compulsions* (3rd ed.). New York: Plume.

Carmin, C. (2009). *Obsessive-Compulsive Disorder Demystified: An essential guide for understanding and Living with OCD*. Cambridge, MA: Lifelong Books.

Challacombe, F., Oldfield, V.B. & Salkovskis, P. (2011). *Break Free from OCD: Overcoming obsessive compulsive disorder with CBT*. London, UK: Vermilion.

Grayson, J. (2014). *Freedom from Obsessive-Compulsive Disorder: A personalized recovery program for living with uncertainty* (updated edition). New York: Berkley Publishing Group.

Hyman, B.M. & Pedrick, C. (2010). *The OCD Workbook: Your guide to breaking free from obsessive-compulsive disorder* (3rd ed.). Oakland, CA: New Harbinger.

Purdon, C., & Clark, D.A. (2005). *Overcoming Obsessive Thoughts: How to gain control of your OCD*. Oakland, CA: New Harbinger.

Rector, N.A., Bartha, C., Kitchen, K., Katzman, M. & Richter, M. (2016). *Obsessive-Compulsive Disorder: An information guide*. Toronto: CAMH. Order a copy for \$6.95 through the CAMH store at <https://store-camh.myshopify.com/products/pm123-pm124> Available in English and French.

Yadin, E., Foa, E.B., & Lichner, T.K. (2012). *Treating your OCD with Exposure and Response (Ritual) Prevention for Obsessive-Compulsive Disorder, Workbook* (2nd ed.). New York: Oxford University Press.

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