



OCD Action

We are a national charity for people with Obsessive Compulsive Disorder (OCD) and the related disorders such as Body Dysmorphic Disorder (BDD), Compulsive Skin Picking (CSP), and Trichotillomania.

We all know how isolating OCD can be, it can make you feel trapped and cut off from the rest of the world. Finding the right support and building up a support network can make a massive difference; it can give you the tools and the strength to fight back and make you feel that you are not facing OCD on your own.

It can get better and we can help.

When is it on?

Time of day	Morning Afternoon Evening
Session information	Monday to Friday 9.00am - 8.30pm There is not always someone available to answer, but please do leave us a message

Who to contact

Contact name	Helpline
Telephone	0300 636 5478
E-mail	support@ocdaction.org.uk
Website	www.ocdaction.org.uk
Notes	Charity number 1154202

Where to go

Name	Davina House
Address	Suites 506-507 137-149 Goswell Road London
Postcode	EC1V 7ET

Other details

Cost description	Free
Referral and availability notes	No referral needed, you can contact the charity directly for support and information

Disclaimer

Durham County Council's Families Information Service does not promote nor endorse the services advertised on this website. Anyone seeking to use/access such services does so at

their own risk and may make all appropriate enquiries about fitness for purpose and suitability to meet their needs.

Call the Families Information Service: **03000 269 995** or email: **fis@durham.gov.uk**



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