

TAMING OLIVIA



**GETTING HELP
FOR OCD.**

www.tamingolivia.com



Getting help for OCD

Between this months blog and all the updates to the Information and Resources section of **TAMING OLIVIA**, there are a lot of new things to try. It can easily get overwhelming so we've included a place to jot down your ideas.

As you read through both the blog and the information pages on the website, write down anything you think might be helpful for your own recovery. It'll save you trying to remember it all and give you a place to track what you've done!

Remember to add any ideas you find yourself too.

We hope it helps!

Cat xx



Getting help for OCD

BOOKS

ORGANISATIONS / THERAPISTS

ADVOCATES

APPS

CHARITIES

PODCASTS



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Don't be afraid to ask questions. Don't be afraid to ask for help when you need it. I do that every day. Asking for help isn't a sign of weakness, it's a sign of strength. It shows you have the courage to admit when you don't know something, and to learn something new.

Barack Obama

GETTING SUPPORT FOR YOUR MENTAL HEALTH IS AN ACT OF SELF-LOVE.

“The advice I’d give to somebody that’s silently struggling is, you don’t have to live that way. You don’t have to struggle in silence. You can be un-silent. You can live well with a mental health condition, as long as you open up to somebody about it, because it’s really important you share your experience with people so that you can get the help that you need.”

Demi Lovato

