



## **Obsessive-Compulsive Disorder Resources**

---

### **COMMUNITY RESOURCES and SUPPORT GROUPS**

#### **Families In Touch**

This is an ongoing support group for family members and friends of adults with a mental illness. It is sponsored by Mental Health America of Franklin County. It is not specific to OCD, but covers all diagnoses. For information and meeting times and locations, call Mental Health America of Franklin County at (614) 221-1441 or visit their website at [www.mhafc.org](http://www.mhafc.org).

#### **NAMI Franklin County (National Alliance on Mental Illness)**

This is the local affiliate of NAMI. It is active in education, support and advocacy for persons with severe mental illness and their families. In addition to FREE monthly education meetings, it offers a FREE 12-week class "Family-to-Family" for family members who have a loved one with a mental illness, and also "Hand-to-Hand," an 8-week class for families who have children with a mental illness. These classes cover mental illnesses in detail explaining symptoms, causes, treatment as well as self-help and are designed for caregivers of someone who has a mental illness. For more information, see their website at [www.namifc.org](http://www.namifc.org) or call them at (614) 501-NAMI (501-6264).

#### **Mental Health America of Franklin County**

MHAFC provides information and referral to community mental health services. They are one of 340 local affiliates of Mental Health America. They provide advocacy and education about mental health and mental illness. The Ombudsman for the Franklin County system works for MHAFC. His job is to help consumers and family members who are having problems. He can be reached at (614) 242-4357. MHAFC also provides support groups for families and people with mental illness, media outreach, and parenting newsletters. For more information, see their website at [www.mhafc.org](http://www.mhafc.org), or call them at (614) 221-1441.

**Suicide Prevention Hotline** (phones answered 24-hours a day): **(614) 221-5445**

### **INTERNET WEBSITES**

[www.ocfoundation.org](http://www.ocfoundation.org) – This is the website of the Obsessive Compulsive Foundation. It contains a lot of good, general information on this disorder. It also has links to many internet resources. There are also reviews on a number of books on this subject. This website is highly recommended.

[www.mhafc.org](http://www.mhafc.org) – This is the website of Mental Health America of Franklin County. It provides information on mental health and resources for Franklin County. It also provides advocacy information on issues affecting Ohio. It has a comprehensive list of fact sheets available on all diagnoses.

[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net) – This is the national website for Mental Health America. It provides very useful information on mental illnesses, advocacy, latest research on OCD and a lot more.

[www.nami.org](http://www.nami.org) – This is the national website of NAMI, with general information on mental illness, advocacy and research.

[www.namifc.org](http://www.namifc.org) – This is the website of NAMI Franklin County. It provides information on mental illnesses, FREE education classes and support for family members and FREE monthly meetings, plus a whole lot more.

[www.ohiopsych.org](http://www.ohiopsych.org) - This is the website for the Ohio Psychiatric Physicians Association. It provides information for Ohio's psychiatric physicians and their patients on issues related to mental illness.

[www.healthyminds.org](http://www.healthyminds.org) - This is the American Psychiatric Association's consumer-oriented website that seeks to inform and educate the public about mental health treatment and resources.

## BOOKS

### ***The OCD Workbook: Your Guide To Breaking Free Of Obsessive Compulsive Disorder***

Written by Bruce M. Hyman, PhD and Cherry Pedrick, R.N.

This book (currently in its second edition) is a comprehensive guide to OCD and treatment of

(continued)

it. It also covers recent research on the causes of the illness and day-to-day coping strategies for people suffering from the illness. There is also information on relapse prevention, OCD in children and the role of families in treatment of the illness.

### ***Freedom From Obsessive Compulsive Disorder: A Personalized Recovery Program For Living With Uncertainty***

Written by Jonathon Grayson, Ph.D.

This indispensable book includes:

- Self-assessment tests that guide readers in identifying their specific type of OCD and help track their progress in treatment
- Case studies from Dr. Grayson's revolutionary and profoundly successful treatment program
- Blueprints for programs tailored to particular manifestations of OCD

- Therapy scripts to help individuals develop their own therapeutic voice, to motivate themselves to succeed
- "Trigger sheets" for identifying and planning for obstacles that arise in treatment
- Information on building a support group

### ***Obsessive Compulsive Disorders: A Complete Guide To Getting Well and Staying Well***

Written by Fred Penzel, Ph.D.

This book contains in-depth discussion of OCD and related disorders. It also includes material on children. There is discussion of medication and psychotherapy in treating OCD.

### ***Obsessive Compulsive Disorder: Help For Children And Adolescents***

Written by Mitzi Waltz

Chapters on insurance, public health and financial aid programs, and school accommodations will help many parents navigate through the murky logistical waters encountered in these areas. It also covers the various medications for OCD. There is an extensive coverage of resources for this illness as well. This guide is indispensable for a parent coping with childhood OCD.

11/2008

This resource sheet was developed for educational purposes and is not meant to serve as an endorsement. Information may be subject to change.

*Educating Patients on Mental Illnesses and Community Services*  
*A Joint Educational Collaboration Between*



[www.ohiopsych.org](http://www.ohiopsych.org)



[www.mhafc.org](http://www.mhafc.org)



[www.namifc.org](http://www.namifc.org)