



## Info Rx

# Obsessive-Compulsive Disorder (OCD)

Many people have small habits or rituals that make themselves feel better. It could be a lucky item or a comforting routine. For people with obsessive-compulsive disorder (OCD), these behaviours are much more intense and disruptive and are fueled by unwanted thoughts that don't go away.

Check out these resources! Use your phone to scan the QR codes to open the links!

### Books

These books have been recommended by Alberta Children's Hospital staff and community partners. Books can be borrowed from the FCRC Family Library or you can check with your local library to see if they are available.

<https://collections.follettsoftware.com/collection/5f344d3807bdc000125b17b7>



### FCRC Information Prescription

Check out all these resources and more on our website.

<http://fcrc.ahs.ca/rx/ocd/>



### MyHealth.Alberta

Created in partnership with the Government of Alberta and Alberta Health Services. Use the search bar to find information about OCD.

<https://myhealth.alberta.ca/>



### About Kids Health

Staff from the SickKids Hospital in Toronto, Ontario have put together this information to educate patients and families about OCD.

<https://www.aboutkidshealth.ca/Article?contentid=285&language=English>



### International OCD Foundation

The International OCD Foundation is dedicated to providing resources for OCD and related disorders. This website provides information, tools, and resources for those affected by OCD.

<https://iocdf.org/>



### International OCD Foundation—OCD in Kids

The International OCD Foundation put together this information about OCD specific to kids, teens, and their families.

<https://kids.iocdf.org>



## Healthy Children

Created by the American Academy of Pediatrics this site provides parents an overview of OCD in children and teens.

<https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Obsessive-Compulsive-Disorders-in-Children.aspx>



## Beyond OCD

BeyondOCD aims to help people across Canada and the world learn about OCD. You can find information about OCD, its symptoms, effects, treatments, and more.

<https://beyondocd.org>

## Centre for Addiction and Mental Health (CAMH)

CAMH is Canada's largest mental health teaching hospital. It provides information on a variety of mental health topics including OCD.

<https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/obsessive-compulsive-disorder>



## Anxiety Canada

This website creates awareness about anxiety and provide resources to aid professionals, parents, and teens. Their website provides an overview of OCD.

<https://www.anxietycanada.com/disorders/obsessive-compulsive-disorder/>

*Need more information?*

## Contact the Family Librarian

☎ 403-955-7745 ✉ [ChildHealthInfo@ahs.ca](mailto:ChildHealthInfo@ahs.ca) 🌐 <http://fcrc.albertahealthservices.ca/>

## Family & Community Resource Centre

2<sup>nd</sup> Floor, Alberta Children's Hospital - 28 Oki Drive NW, Calgary, AB, T3B 6A8

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.

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