

The OCD Action

# ADVOCACY

Service is:

CONFIDENTIAL  
NON JUDGEMENTAL  
INDEPENDENT

AND FREE

Suite 506-507 Davina House,  
137-149 Goswell Road, London EC1V 7ET  
Tel: 020 7253 5272 Help & Information: 0845 3906232  
E-mail: [advocacy@ocdaction.org.uk](mailto:advocacy@ocdaction.org.uk)  
OCD Action, Registered Charity no. 1035213

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*it's time to act*

ocdaction  
*it's time to act*

*it's*  
time  
to be  
heard



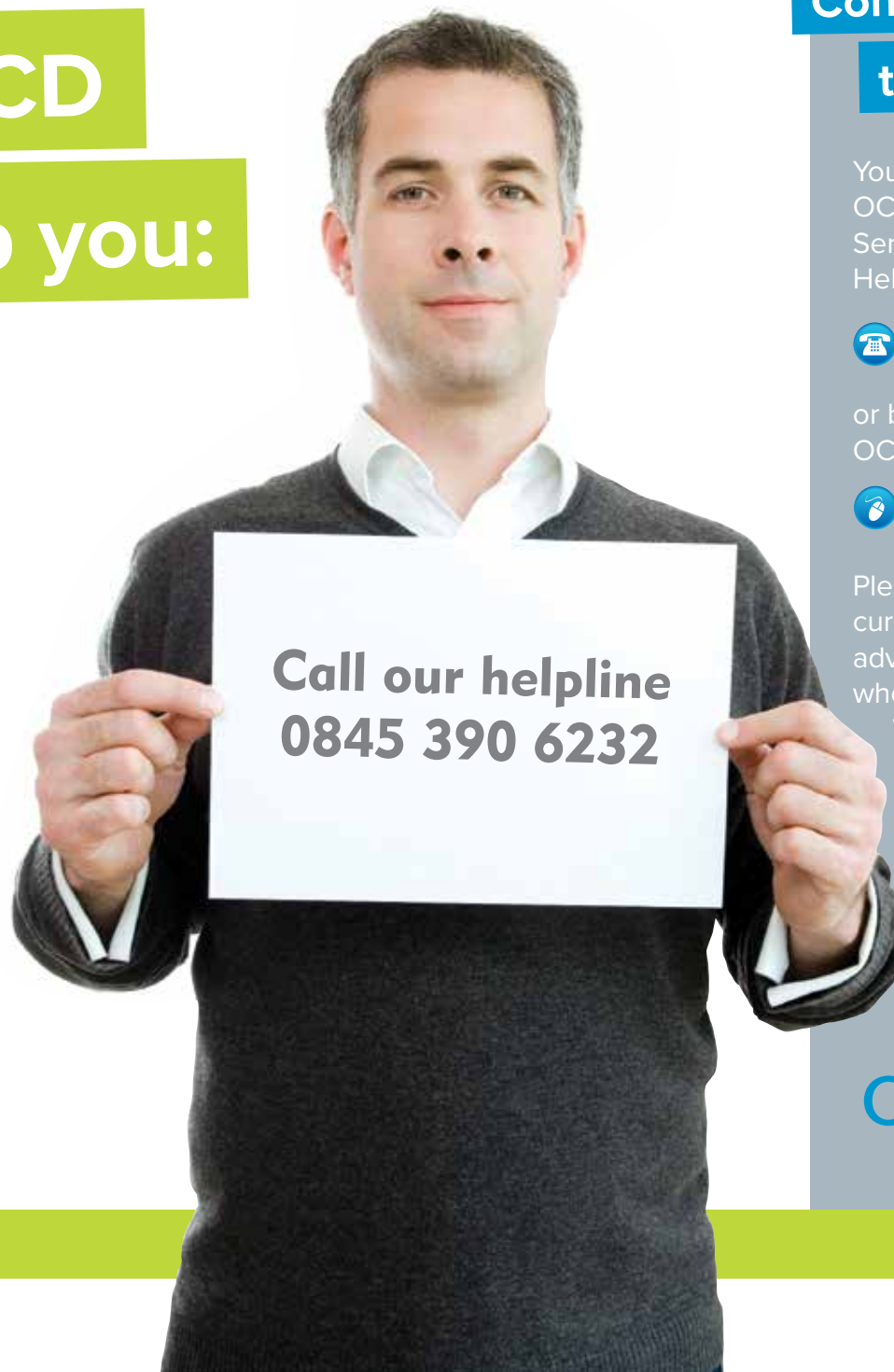
*it's time to act*

[www.ocdaction.org.uk](http://www.ocdaction.org.uk)

# If you have OCD

## we can help you:

- 1 Find out about your rights and entitlements in areas like housing, care & treatment, employment and work
- 2 Get appropriate help and legal representation if you require it
- 3 Make your voice heard, by actively supporting you with your issues
- 4 Access the information you need to make the best decision for you
- 5 Represent your views to others
- 6 Feel confident enough to express your wishes
- 7 Challenge discrimination that you may be experiencing as a result of your OCD



### Contact us now

### to find out more...

You can find out more about the OCD Action Advocacy Service by telephoning the OCD Helpline on:

 **0845 390 6232**

or by accessing the OCD Website at:

 **[www.ocdaction.org.uk](http://www.ocdaction.org.uk)**

Please be aware that we are only currently able to offer face to face advocacy to people with OCD who live in the North West, South West & North East of England, South Wales, Yorkshire & London. Telephone & email advocacy support is available throughout the UK. Our helpline will help you find the most appropriate advocacy service in your area if we cannot take your case.

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*it's time to act*