

What Treatment?

- Don't forget that the effective treatment for OCD/BDD and related disorders recommended by NICE is **Cognitive Behavioural Therapy (CBT) and/or medication**. If a different treatment is suggested ask for the reasons for that. Health professionals do not have to follow NICE guidance but if they are not doing so then they should tell you why they believe an alternative treatment might be clinically more beneficial. If you don't agree with them you could ask for a second opinion.
- If you are being prescribed medication your prescriber should give you information about the possible risks, benefits and any potential side effects (and what to do if they occur) so that you can make an informed decision whether to take the medication or not.
- You should **not** be put in the position of having to agree to take medication in order to get a referral for CBT.

For more information about treatment, you can get in touch with the OCD Action Helpline by emailing: support@ocdaction.org.uk or by calling 0845 390 6232.