

OCD and your rights



If you have OCD or a related condition, you have legal rights and protections that apply to different parts of life. Knowing what your rights are, or where you can find out about them, can help you to stand up for yourself and access the support you are entitled to.

Did you know?

OCD is protected as a disability under the Equality Act 2010, because of the impact it can have on day-to-day life, work, and relationships. This means that people who need support or flexibility at work, in education, or when accessing services have a legal right to it. It also protects people from being discriminated against or being forced to disclose personal information.

"I didn't ask for help from my doctor, because I was worried I would have to tell all my future employers if I had a mental health diagnosis. I didn't know I actually have a right to privacy about my condition."

"I was at risk of eviction because I wouldn't let workers into my home for fear they would contaminate it. Knowing my rights, I spoke to my landlady and we worked out some adjustments to make me more comfortable with it."

Rights around treatment

It can sometimes feel like the right help just isn't available, but you do have rights around the support you receive too. There are laws that deal specifically with care and mental health, and throughout the UK there are regulations that cover what patients are entitled to.

"Because I have a right to choose where I am treated, I was able to get a referral for specialist treatment directly from my GP, who knows my case best."

"When I was unhappy with the way I'd been treated, my local authority had to provide someone to support me with making a complaint."

How OCD Action can help

We can provide information about your rights as they relate to OCD and explain to you how things work. We can't offer legal advice, but you don't need to navigate this alone, and if anything doesn't sound right you can speak to us about it. We can also signpost you to services that can give you more practical support.

Online resources

Your guide to your rights
ocdaction.org.uk/resources

Helpline

For information and a listening ear
0300 636 5478
support@ocdaction.org.uk

Support groups

A regular space to talk
0303 040 1112
sign-up@ebtsupportgroups.co.uk