



Do your patients have anxiety from persistent **unwanted thoughts, images or urges?**



It may be due to

Obsessive Compulsive Disorder (OCD)

OCD affects 1 of 40 people but is widely misunderstood and misdiagnosed. Symptoms include:

- **Obsessions:** Unwanted recurring thoughts, images, or urges that may be sexual, contamination-based, violent, or taboo in nature.
- **Compulsions:** Repetitive mental or physical behaviors aimed at making the unwanted thoughts, images, or urges stop and getting rid of the corresponding distress.

The most proven treatment for OCD is Exposure and Response Prevention (ERP).

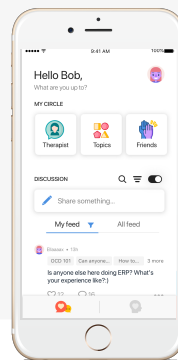
NOCD provides this specialized care for your members

Here's how it works:



Get connected

with a licensed therapist trained in OCD and ERP for live face-to-face video sessions.



Get support

between sessions from personalized self-help tools and peer support communities.

Get started at www.nocd.com or call 312-766-6780