



The mission of the IOCDF is to ensure that no one affected by OCD and related disorders suffers alone. Our community provides help, healing, and hope. Our vision is that everyone impacted by OCD and related disorders has immediate access to effective treatment and support. The IOCDF provides up-to-date education and resources, strengthens community engagement, delivers quality professional training, and advances groundbreaking research.

WHO WE ARE: The International OCD Foundation is the foremost resource about OCD and related disorders. Since our founding in 1986, the IOCDF has been a vital resource for the estimated 1 in 100 individuals with OCD around the world, as well as for the researchers and health professionals who are working to improve their lives. [Learn more at iocdf.org](https://iocdf.org)

WHY WE EXIST: While there is no cure for OCD, it can be effectively managed through exposure and response prevention (ERP) therapy and medication. Unfortunately, due to a lack of education, awareness, and access to treatment, it still takes the average person 14 to 17 years between the onset of symptoms and being able to access effective treatment.

OUR WORK:

EDUCATION & ADVOCACY

- **IOCDF Conference Series.** We are thrilled to offer a variety of conferences — both in-person and virtual — for all those impacted by OCD and related disorders. We encourage the global network of people with lived experience, family members and supporters, mental health professionals, researchers, educators, and students to join us for community, collaboration, and education. [Learn more at iocdf.org/conference](https://iocdf.org/conference).
- **IOCDF Training Institute.** We educate mental health professionals on effective treatments for OCD and related disorders, which is not typically taught during graduate and medical school. This includes the Behavioral Therapy Training Institute (BTI), Online Consultations Groups, and On-Demand Webinars. Included are training opportunities for Spanish-speaking clinicians and Clinicians of Color. [Learn more at iocdf.org/training](https://iocdf.org/training).
- **One Million Steps for OCD Walk.** Held in various locations around the country, the OCD Walk is a community engagement event that allows individuals across the country to connect, share stories, create impact, and show those struggling on their road to recovery that they are not alone. In addition, the OCD Walk is an opportunity to raise funds and awareness of what it really means to have OCD. [Learn more at iocdf.org/walk](https://iocdf.org/walk).
- **OCD Awareness Week.** Celebrated in the second week of October, this international awareness-building event for OCD and related disorders aims to share knowledge and reduce stigma through educational talks, youth events, grassroots fundraising, creative advocacy, and more! [Learn more at iocdf.org/ocdweek](https://iocdf.org/ocdweek).

RESOURCES & SUPPORT

- **Resource Directory.** Our Resource Directory connects community members to over 1,500 treatment providers specializing in OCD and/or related disorders, 400 support groups, 70 intensive treatment and specialty outpatient clinics, and our local Affiliates and Global Partners. The Resource Directory can be accessed at iocdf.org/find-help.
- **Educational Resources.** Our family of websites houses vital information, research, and resources for **OCD** (iocdf.org), **hoarding disorder** (helpforhoarding.org), **OCD in kids** (ocdinkids.org), and **body dysmorphic disorder** (helpforBDD.org). Our **Anxiety in the Classroom website** provides resources to help school faculty, parents, and students recognize and address anxiety and OCD in the school setting (anxietyintheclassroom.org) and our **Anxiety in Athletes website** provides information, resources, and materials about anxiety and OCD as they relate to sports and athletics (anxietyinathletes.org).
- **IOCDF Affiliates.** Our regional Affiliates carry out the mission of the organization at the local level. We have 31 Affiliates nationwide and are adding more every year. [Learn more at iocdf.org/affiliates](https://iocdf.org/affiliates).
- **IOCDF Advocates.** This grassroots volunteer effort is designed to empower those in the community to raise awareness and educate the public about OCD and related disorders. They lead the community in various advocacy projects, such as our OCD Awareness Week initiatives, awareness-raising PSAs, inspirational social media content, and much more. [Learn more at iocdf.org/advocates](https://iocdf.org/advocates).

RESEARCH & COLLABORATION

- **Research Grants.** Since 1994, we have awarded over \$11,000,000 in IOCDF grant funding for research into the causes of, and new treatment for, OCD and related disorders.
- **Scientific and Clinical Advisory Board (SCB).** The IOCDF's SCB is comprised of the foremost clinicians and researchers in the US who treat and research OCD and related disorders.