



*The mission of the International OCD Foundation (IOCDF) is to help individuals with obsessive compulsive disorder (OCD) and related disorders live full and productive lives. Our aim is to increase access to effective treatment, end stigma associated with mental health issues, and foster a community for those affected by OCD and the professionals who treat them.*

**WHO WE ARE:** The International OCD Foundation is the foremost resource about OCD and related disorders. Based in Boston, the IOCDF has affiliates in 27 states, as well as 13 global partners. 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](http://iocdf.org)

**WHY WE EXIST:** The World Health Organization (WHO) has ranked OCD in the top ten of the most disabling illnesses of any kind, in terms of lost earnings and diminished quality of life. While there is no cure for OCD, it can be effectively managed through exposure and response prevention (ERP) therapy and medication. Unfortunately, due to lack of education, awareness, and access to treatment, it still takes the average person 14 to 17 years between onset of symptoms and being able to access effective treatment.

## OUR WORK:

### EDUCATION & ADVOCACY

- **Annual OCD Conference.** This event brings together the most experienced mental health professionals and OCD researchers alongside individuals with OCD and their families. The Conference provides access to the latest information about OCD and related disorders in a supportive and engaging environment. [Learn more at iocdf.org/conference.](http://iocdf.org/conference)
- **IOCDF Training Institute.** Through the Training Institute, we educate mental health professionals in effective treatments for OCD and related disorders, which is not typically taught during graduate and medical school. [Learn more at iocdf.org/training-institute.](http://iocdf.org/training-institute)
- **1 Million Steps 4 OCD Walk.** Held each June in locations around the country, the OCD Walk invites members of the OCD community to come together to raise awareness, hope, and funds to support the work of the IOCDF and our local affiliates. [Learn more at iocdf.org/walk.](http://iocdf.org/walk)
- **OCD Awareness Week.** This international awareness-building event for OCD and related disorders is held annually on the second week of October. [Learn more at iocdf.org/ocdweek.](http://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](http://iocdf.org/find-help).
- **Educational Resources.** Our family of websites house vital information, research, and resources for **OCD** ([iocdf.org](http://iocdf.org)), **Hoarding Disorder** ([helpforhoarding.org](http://helpforhoarding.org)), **OCD in Kids** ([ocdinkids.org](http://ocdinkids.org)), and **Body Dysmorphic Disorder** ([helpforBDD.org](http://helpforBDD.org)). Our new **Anxiety in the Classroom website** will provide resources to help school faculty, parents, and students recognize and address anxiety and OCD in the school setting ([anxietyintheclassroom.org](http://anxietyintheclassroom.org)).
- **IOCDF Affiliates.** Our regional affiliates carry out the mission of the organization at the local level. We have affiliates in 27 states and territories in the US, and are adding more every year. [Learn more at iocdf.org/affiliates.](http://iocdf.org/affiliates)
- **Transition Packet Program:** This new program will provide information, education, and resources for individuals transitioning out of OCD intensive treatment programs.

### RESEARCH & COLLABORATION

- **Research Grants.** Since 1994, we have awarded over \$3,500,000 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.