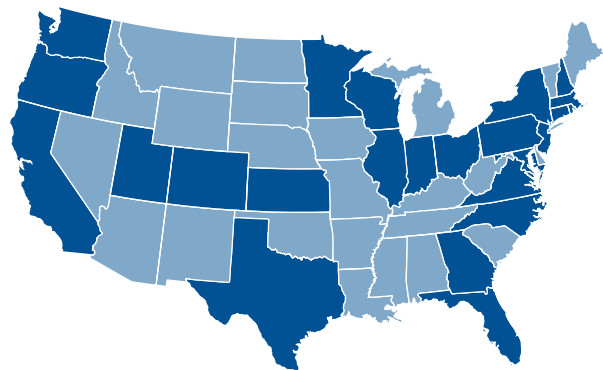


## Who we are:

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

The IOCDF is a donor-supported nonprofit organization. Founded in 1986 by a small group of individuals with OCD, the Foundation has grown into an international membership-based organization serving a broad community of individuals with OCD and related disorders, their family members and loved ones, and mental health professionals and researchers. We have affiliates in 24 states and DC, in addition to global partnerships with other OCD organizations and mental health nonprofits around the world. Since 1994, the Foundation has awarded over \$3.6 million in OCD research grants and is a vital resource for the estimated 1 in 100 individuals with OCD around the world.



### ■ States with affiliate

For more information and a full list of IOCDF Affiliates, visit [www.iocdf.org/affiliates](http://www.iocdf.org/affiliates)

## Resources

For more information about OCD:

[www.iocdf.org](http://www.iocdf.org)

For more information about pediatric OCD:

[www.OCDinKids.org](http://www.OCDinKids.org)

For more information about hoarding disorder:

[www.helpforhoarding.org](http://www.helpforhoarding.org)

For more information about body dysmorphic disorder:

[www.helpforbdd.org](http://www.helpforbdd.org)

To find a local licensed mental health practitioner and/or support group:

[www.iocdf.org/find-help](http://www.iocdf.org/find-help)



International  
OCD  
Foundation

**RESOURCES. RESEARCH. RESPECT.**

P.O. Box 961029  
Boston, MA 02196  
[www.iocdf.org](http://www.iocdf.org)

t: 617-973-5801  
f: 617-973-5803  
[info@iocdf.org](mailto:info@iocdf.org)



International  
OCD  
Foundation

# Membership

**Join Today and Take Action**  
To Raise Awareness and End Stigma



## Why join the IOCDF?

The International OCD Foundation (IOCDF) is the largest non-profit organization focused solely on obsessive compulsive disorder (OCD) and related disorders such as hoarding disorder, body dysmorphic disorder, and body focused repetitive disorders. With your support we can continue to improve research, resources, and education around OCD and related disorders.

### Build Strength in Numbers

Become part of a community focused on providing support and awareness for those living with OCD and related disorders. Our diverse membership base is comprised of individuals with OCD, their family members, friends, and other supporters, as well as mental health professionals who work tirelessly on researching and treating OCD and related disorders.

### Become Part of the Conversation

By taking action and joining the IOCDF, you help the OCD community in its efforts to reduce stigma associated not only with OCD and related disorders, but with mental health issues in general. As a part of the IOCDF community, you are speaking out against widespread myths pertaining to OCD and related disorders that are perpetuated by popular media. Help us challenge the statement, **"I'm so OCD."**

### Increase Access to Resources

Our members contribute to the publication of our quarterly *OCD Newsletter* by submitting stories, poems, and artwork showcasing their experiences living with OCD or a related disorder. Their efforts help offer support and advice to the larger membership community. In addition to member stories, the *OCD Newsletter* includes articles on the latest in OCD research and treatment. All members receive a print or email subscription to the quarterly *OCD Newsletter*.



## One of a Kind IOCDF Programming

On average, it can take an individual with OCD up to 17 years from the onset of symptoms to access effective treatment. The IOCDF is committed to changing that statistic.

Our Scientific and Clinical Advisory Board, comprised of some of the leading experts in the world, strives to provide educational assistance and advocacy for both the public and professional communities alike through its programming.

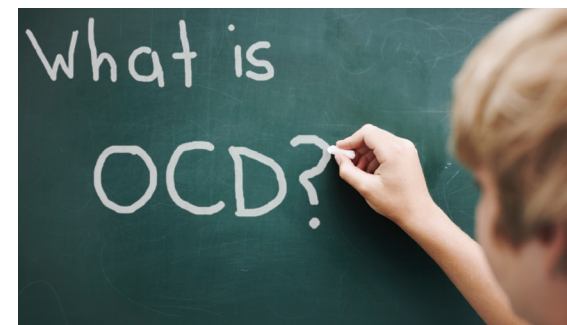


- The **Annual OCD Conference** brings together the most experienced mental health professionals and OCD researchers alongside individuals with OCD and their families. Three days of workshops, lectures, support groups, and evening activities offer thousands access to the latest information about OCD and related disorders in a supportive and stimulating environment. Learn more at: [www.iocdf.org/conference](http://www.iocdf.org/conference)
- **OCD Awareness Week** is an international effort to raise awareness and understanding about OCD and related disorders with the goal of helping more people get timely access to appropriate and effective treatment. Learn more at: [www.iocdf.org/ocdweek](http://www.iocdf.org/ocdweek)
- The **IOCDF Training Institute** helps better train professionals to recognize, diagnose, and effectively treat OCD. Beginning in 1995 with our flagship Behavior Therapy Training Institute (BTI), the Training Institute has since grown to offer a number of professional training opportunities, such as online trainings and case consultation groups, that address a variety of specialties and issues pertaining to the OCD and related disorders community, while also providing continuing education credits to qualified professionals. Learn more at: [www.iocdf.org/training-institute](http://www.iocdf.org/training-institute)

- **1 Millions Steps 4 OCD Walk** is an annual event where members of the OCD community come together to raise awareness, hope, and funds to support the programs of the IOCDF and local affiliates. In early June each year, the IOCDF and its local affiliates hold Walks in Boston and other cities across the country. Learn more at: [www.iocdf.org/walk](http://www.iocdf.org/walk)



- **Pediatric Outreach Program** aims to reach not only kids and teens affected by OCD, but also families, friends, classmates, teachers, mental health professionals, and pediatricians. Its goal is twofold: to raise awareness and provide general education about OCD to families and school personnel and to train professionals to effectively diagnose and treat pediatric OCD and related disorders. To see more resources for children and families, please visit: [www.ocdinkids.org](http://www.ocdinkids.org)



## How Do I Join?

Join the IOCDF as either a Foundation Member or a Community Member.

- **Foundation Membership: \$50/year**
- **Community Membership: \$25/year**

Become a member today to help raise awareness, increase education, and fight stigma toward OCD and related disorders.

To join or find out more about IOCDF Membership, visit [www.iocdf.org/membership](http://www.iocdf.org/membership), email [info@iocdf.org](mailto:info@iocdf.org), or call (617) 973-5801.