

IMPORTANT INFORMATION REGARDING THE #FACEYOURFEAR SOCIAL MEDIA CAMPAIGN

The mission of the International OCD Foundation (“IOCDF”) is to help 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 through research and training, foster a hopeful and supportive community for those affected by OCD and the professionals who treat them, and fight stigma surrounding mental health issues.

The #FaceYourFear social media campaign (the “campaign”) is one of the new awareness-raising events the IOCDF is inviting its members and the related disorders community to participate in as part of 2019 OCD Awareness Week.

The goal of the campaign is to educate the public about the realities of living with OCD and the challenge of having to face your fears on the path to recovery. Participants will post a video or photo of themselves doing something that makes them feel anxious and then post on any and all social media platforms with the hashtags #FaceYourFear and #OCDWeek.

The #FaceYourFear social media campaign is a voluntary activity undertaken to raise awareness and educate the public about the realities of living with OCD and the challenge of having to face your fears on the path to recovery. As with any activity, there is a risk of injury (or even death) from participating in, or acting as a spectator to the #FaceYourFear social media campaign. Participating in and spectators to the campaign are advised to carefully consider any health issues, environmental/location concerns and other factors and/or unforeseen hazards that might adversely impact the ability to undertake the campaign safely. Participants, their heirs and assigns, agree to waive, release and discharge IOCDF, and to indemnify, hold harmless and agree not to sue IOCDF, its representatives, affiliates and agents for any loss, liability, cost, damages (including reasonable attorneys’ fees and costs) or any other claims that might arise from, or in relation to, their participation in the campaign, whether due to negligence or otherwise. Participants should consult their mental health and general health care providers with any questions regarding how the campaign might affect their mental health and their health generally. Participants under the age of 18 should obtain permission from their parent or legal guardian. IOCDF is not responsible for, and specifically disclaims responsibility for any loss, injury, liability, cost, damages or other claims arising from or in relation to the campaign.

IOCDF has no control over the actions of Participants and/or spectators to any campaign activity, the location in which a campaign activity is undertaken or the method by which the campaign activity is conducted. Participants and/or spectators that require first aid, medical treatment, mental health services or related services in relation to an injury, illness, or mental health condition that arises in connection with participation in the campaign remain solely and exclusively responsible for any and all liability or claims arising out of or in relation to such treatment and/or services.

COMMUNITY GUIDELINES FOR POSTING PHOTOGRAPHS AND VIDEOS

The goal of our #FaceYourFear campaign is to show support and spread awareness about OCD; it is NOT for Participants to post photographs and videos of dangerous activities. In the event posts or comments violate any of the following guidelines, ***IOCDF reserves the right to remove the posts from our website without warning:***

- No dangerous activities
- No activities that harm people, animals, or the environment
- No solicitation or advertising of products or services
- No solicitation for unused prescription medication or durable medical equipment
- No posts containing profanity or offensive language or activities
- No political activity
- No non-IOCDF fundraising activity
- No personal attacks
- No posts that are factually inaccurate, misleading or contain defamatory content
- No posts that violate trademark or intellectual property rights or legally privileged or confidential information.
- Do NOT post personal identifying information such as telephone numbers, emails, or addresses.

Your posts may be shared on other email and social media platforms as well as Google searches.

Any and all mental health and medical advice and information posted in the campaign are intended for general discussion and educational purposes only. They are not intended in any manner to serve as actual individual mental health advice.

The above guidelines are subject to change without notice.