

# ***With your support...***

**“You have touched my life in a way that is immeasurable.  
Over 18 years ago I was beyond lost looking for  
treatment until someone from the IOCDF  
helped me.” — Hilary, Pittsburgh**



International  
OCD  
Foundation



With your support | **WE MAKE CONNECTIONS**

In 2021, the IOCDF held a series of virtual events, conferences, and trainings for individuals with OCD, their loved ones, and professionals to safely gather and learn in an accessible way.



# 2021 IOCDF Events | 5,000+ people attended:



Faith & Mental Health  
Conference



Virtual Research  
Symposium



Online OCD Camp  
(Winter and Summer)



Conferencia de TOC Online  
(Spanish language  
conference)



Online OCD  
Conference



7 Behavior Therapy  
Training Institutes  
(BTTI)

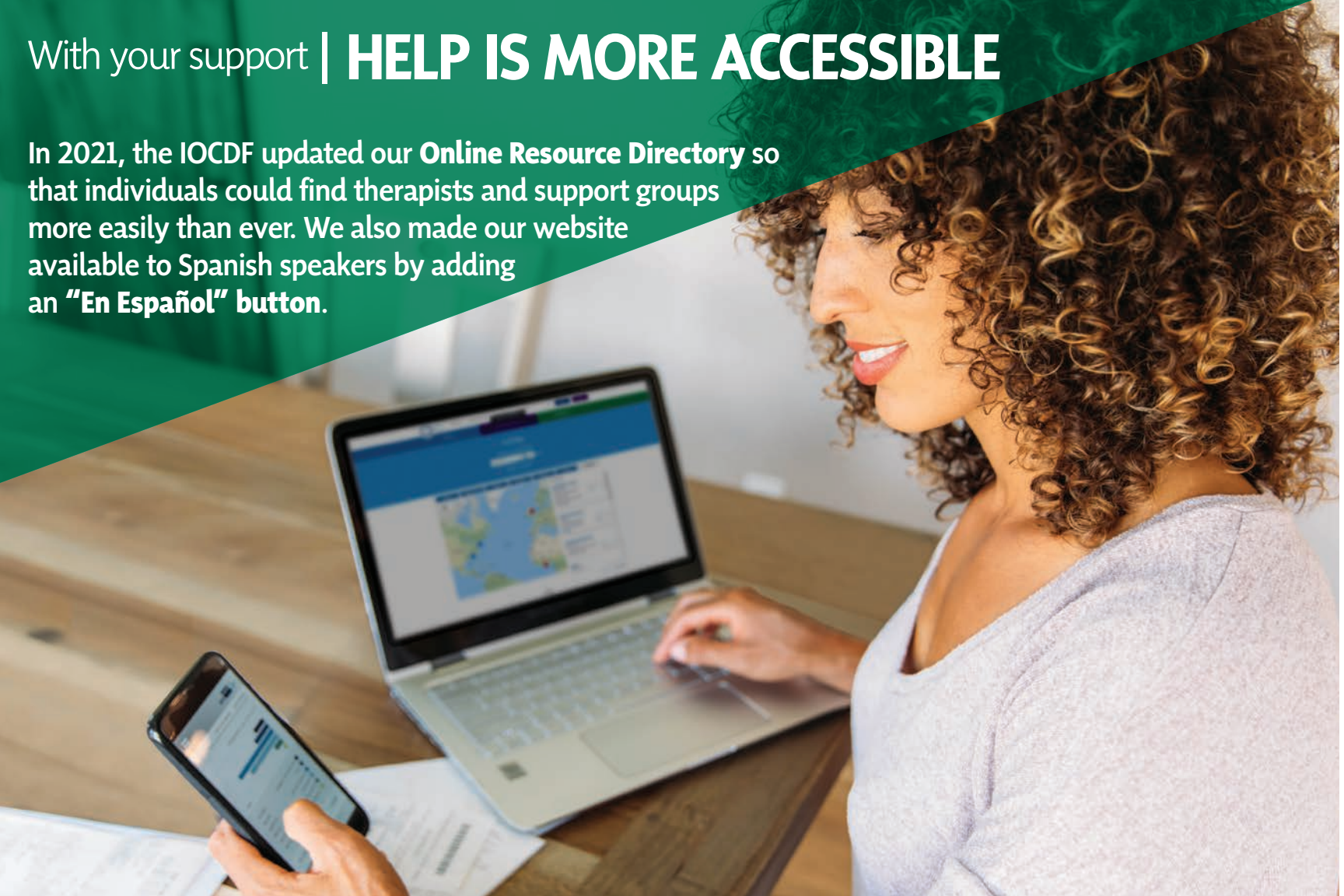
**“This is the first time  
parenting a child with OCD that I  
had a sense of what a community can  
be. My 15-year-old loved the teen  
track at the Online OCD Camp.”**

**—Parent of a teen with OCD**



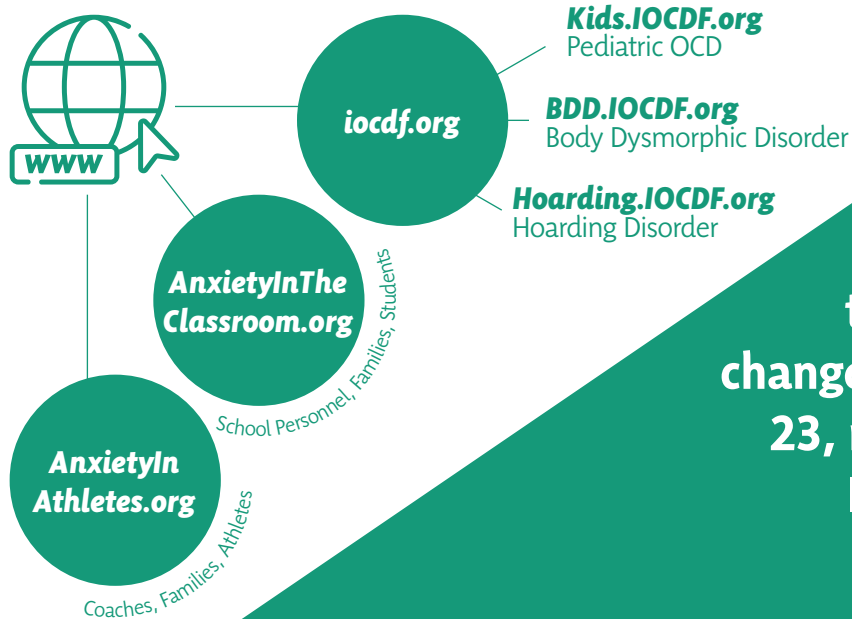
With your support | **HELP IS MORE ACCESSIBLE**

In 2021, the IOCDF updated our **Online Resource Directory** so that individuals could find therapists and support groups more easily than ever. We also made our website available to Spanish speakers by adding an **"En Español" button**.



In 2021, the IOCDF completed our **Anxiety in the Classroom** website by adding a section specifically for students. This free resource provides information and tools for school personnel, families, and students who are navigating anxiety and OCD at school.

### 3.2 MILLION NEW VISITORS TO OUR WEBSITES:



**“The IOCDF helped me with my then-14-year-old daughter as we navigated her OCD. We found a therapist on your website and she changed our world! My daughter is now 23, married, and teaching fifth grade. I will forever be grateful for you!”**

**— Cathy, Luxembourg**

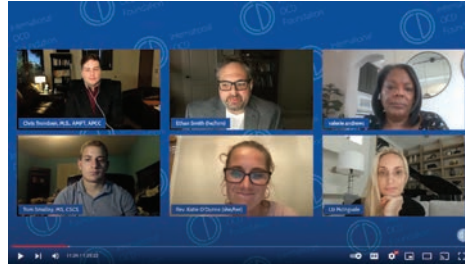
With your support | **WE FIND COMMUNITY**

In 2021, the IOCDF added the **Peace of Mind Virtual Community** to our suite of virtual offerings and hosted more than 100 live streams on our social platforms. Each week, our Lead Advocates signed on to provide critical support to individuals around the world — as well as a space to stay connected.





# Peace of Mind Virtual Community



**“Seeing how many people suffer from OCD motivates me to be my best so that one day I can be a strong example to others in my position. Not only does hearing about your struggles encourage me to work towards recovery, but hearing about all of your strengths and OCD wins brings so much joy and hope to my heart. Let’s stay on this journey together.”**

**— Jen, Washington**

With your support | **WE COME TOGETHER**

In 2021, we hosted the **1 Million Steps 4 OCD Walks** in person for the first time since 2019. In addition to our flagship Boston Walk, 32 Walks were held in cities across the United States to raise funds and awareness for OCD and related disorders.





# 2021 #OCDwalk



## 33 Total Walks

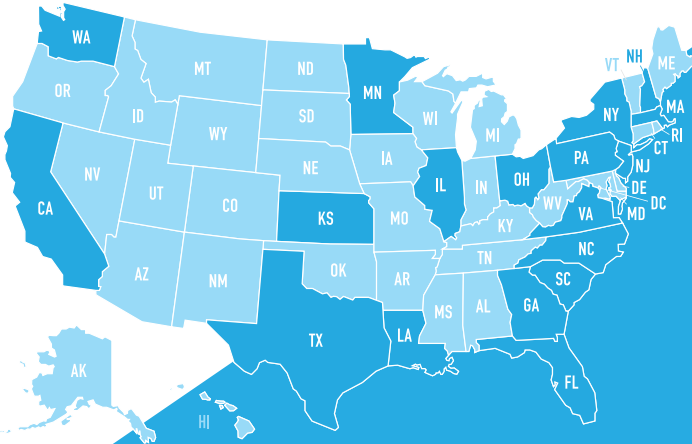


## 3,000+ Walkers



## \$250,000+ Raised

## OCD Walk Locations



**“I used to be worried about being open with my OCD. Then I went to the Walk and met so many people like me who are now close friends. Now, I wear my OCD Walk t-shirt proudly and love it when people ask me about it!”**

— Camilla, Houston

With your support | **WE LIVE BETTER LIVES**

“I thought OCD was always going to rule my life. I came across the IOCDF a few years ago and one of your livestreams gave me the courage I needed to finally seek therapy. I found a therapist on your website and although I still struggle with my OCD from time to time, it doesn’t control me. **You all gave me my life back.**”

— Jamie, Ottawa



# Your donation to the IOCDF helps make this possible, through programs like:

- The **Virtual Conference Series**, where those with lived experience, their loved ones, and professionals gather to learn and connect
- **Anxiety in the Classroom**, a newly completed online resource center for school personnel, families, and students struggling with anxiety and OCD in a school setting
- The **Online Resource Directory**, a tool that connects individuals with OCD and related disorder specialists and support groups in their area
- The **Peace of Mind Virtual Community**, featuring weekly live streams and a HealthUnlocked online forum



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and make your donation today!





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