

## Being Separate but Connected

“Living alone during the pandemic left me feeling isolated and it wasn’t long until my intrusive thoughts took hold. I knew I needed some extra help during this time, the only problem was that my previous therapist had retired and I live in the rural midwest — not exactly a great place to find an OCD therapist.

Luckily, a quick search online brought me to the **IOCDF website**. I was able to find and connect with a tele-therapist through the **COVID-19 Resource Center**. Then, I started attending the **virtual Town Halls** to get support from experts, and even participated in the panels and support groups at the **Online OCD Conference**.

*Not only am I better equipped to manage my OCD, but through the IOCDF I’ve finally found others who understand what I’ve been going through.* I don’t feel like I’m doing this alone anymore. Whatever comes next, I know I have the tools I need to conquer it.” — **Julian T**



International  
OCD  
Foundation

**[iocdf.org/connect](https://iocdf.org/connect)**

The mission of the International OCD Foundation 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.

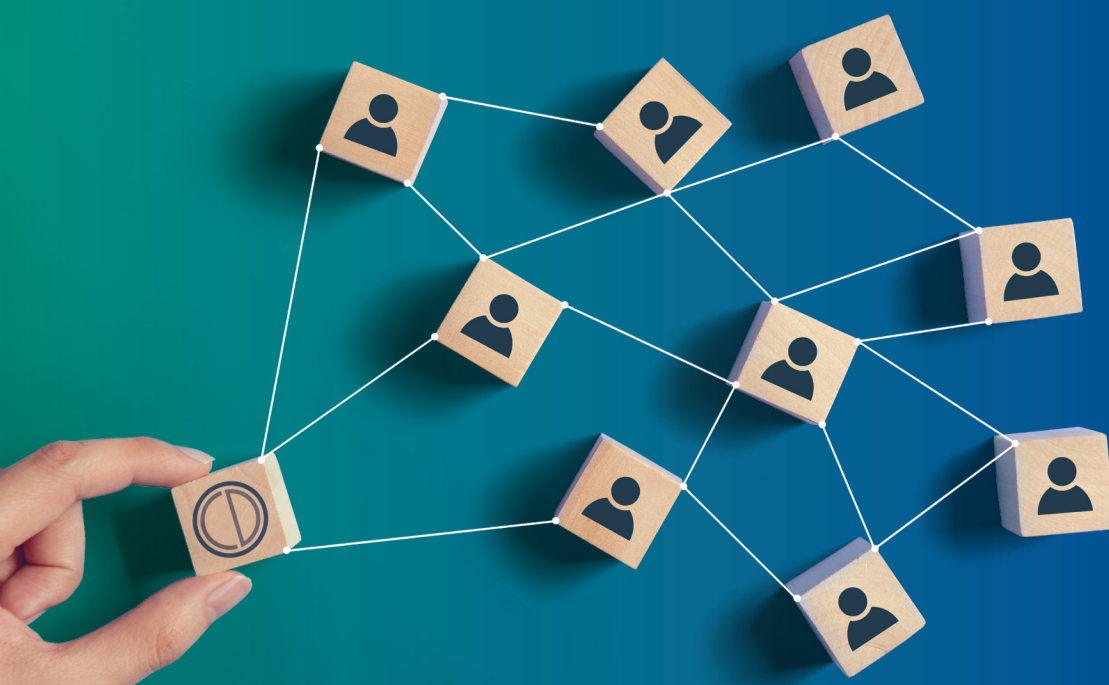
**[iocdf.org](https://iocdf.org)** | **[@iocdf](https://twitter.com/iocdf)** —    

**I can’t thank  
the IOCDF enough  
for everything  
they’ve done for me.**

The pandemic couldn’t have come at a worse time for me. I was in the middle of ERP treatment when I was laid off, lost my health insurance, and had to stop seeing my therapist. I grew depressed sitting at home trying to find a new job and my OCD symptoms grew much worse.

***But then I found hope...***

Read more about  
Naomi’s story



## Providing Guidance and Options

“...A friend sent me an IOCDF Twitter post about a **free Virtual Town Halls** focused specifically on my OCD subtype. I attended, asked questions, and received the support I’d been looking for from the panelists. I was encouraged to reach out to the IOCDF directly, where **I received options for receiving treatment without insurance and was connected with other people affected by OCD on HealthUnlocked.**

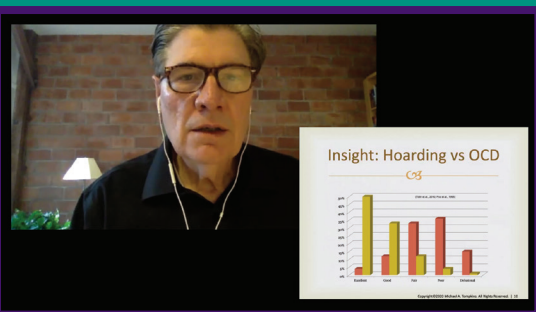


I still have a long way to go towards being in total control of my OCD and in navigating my financial situation, but I’m so glad to have been able to pick up the phone and talk to someone at the IOCDF who understands and is there to help.” — **Naomi V**

## Encouraging Growth and Education

“I’ve been a social worker for over a decade but it wasn’t until a family came to me with a severe hoarding case that I realized there was a gap in my knowledge. **How could I help them get their mother’s hoarding situation under control? Thankfully, the IOCDF was there with answers and helped get me up to speed.**

After a quick search online, I found the IOCDF’s website **HelpForHoarding.org** and their **Online Hoarding Meeting.**



Online Hoarding Meeting

I registered right away and attended panels led by experts in the field on how HD is identified and treated. Now, I feel confident with my newfound knowledge and look forward to helping my clients and making a difference.” — **Remy S**

**In this unprecedented time, we’re working hard to rise to the occasion with our brand new events and resources, but we need your help.**

Your donation to the IOCDF will help connect people to the help they need, no matter where they are on their journey. Your gift goes toward:

- Educational resources shortening the time between onset of symptoms and proper diagnosis,
- Training opportunities for professionals to ensure everyone has access to effective care,
- Creating an active and supportive community through events like the OCD Walk and Annual OCD Conference .....And much more!

**Donate today**  
**[iocdf.org/connect](https://iocdf.org/connect)**

## Bringing Loved Ones Together

“My girlfriend and I have been together for over two years and she has always been open about her challenges with OCD. It hadn’t factored much into our relationship so I was surprised when she sent me a link to register for the **Online OCD Conference.**

*Why would I need to attend a conference for people with OCD?*

After looking over the schedule, I quickly realized that this event was for everybody, including loved ones. **I didn’t understand my role in her OCD or how her OCD affects my own mental health, but attending sessions for loved ones really opened my mind.**

Now I have a better understanding of her OCD and the difference between enabling and support. I look forward to attending the next Conference by her side.” — **Trevor M**

