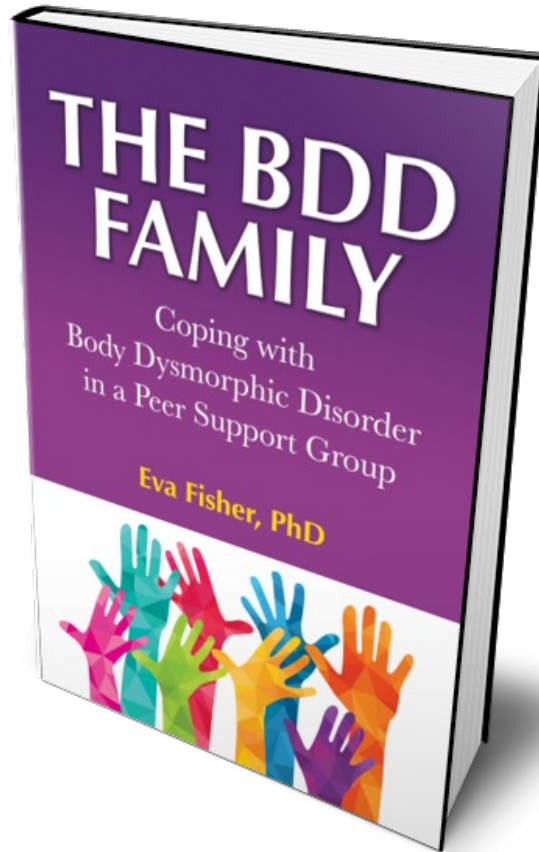




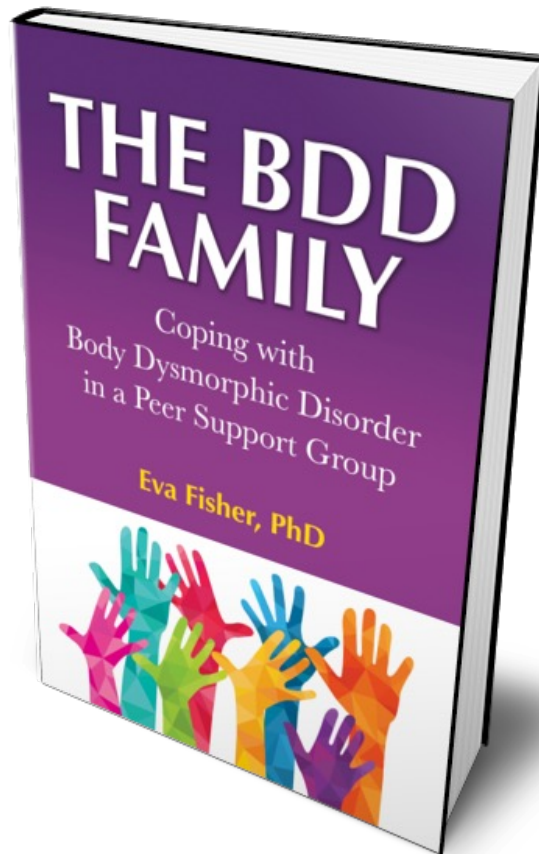
Helpful BDD Resources



Eva Fisher, PhD



The BDD Family Book



The BDD Family: Coping with Body Dysmorphic Disorder in a Peer Support Group explores the support exchanged in a virtual BDD community. Members shared feelings of intense shame, fear, anger, and guilt kept hidden from their friends, family members, partners, and therapists. Their stories may resonate with what you endure every day.



BDD Resources List

- Academic Resources/Articles
- BDD Online Support Group
- Books about BDD (and related disorders)
- Clinics and Therapists for BDD (and related disorders)
- Organizations and Websites for BDD (and related disorders)
- Peer Support Resources
- Therapists with BDD and/or OCD Support Group
- Self-diagnosis Information
- Suicide Prevention/Crisis Resources



BDD Online Support Groups

Recovery from BDD Support Group

- Adults 18+ (parents also welcome)
- Meets bimonthly second & fourth Thursdays
- Can join with just audio or audio/video
- Two hours at 9pm ET/6pmPT
- Contact Eva for more information



BDD Online Support Groups

Therapists with BDD/OCD Group

- Therapists with BDD and/or OCD
- Meets monthly third Thursday
- Can join with just audio or video/audio
- One hour at 9pm ET/6pmPT
- Contact Eva for more information



Mental Health Organizations

Anxiety and Depression Association of America

<https://adaa.org/>

BDD Foundation

<https://bddfoundation.org/>

Mental Health America

<https://www.mhanational.org/>

National Alliance on Mental Illness (NAMI)

<https://www.nami.org/>



International
OCD
Foundation



Self-Diagnosis Information

BDD Foundation

<https://bddfoundation.org/information/do-i-have-bdd-test/>

International OCD Foundation

<https://bdd.iocdf.org/about-bdd/do-i-have-bdd/>



Crisis Hotlines and Support

Suicide Prevention Resources USA

Mental Health Hotline: **988**

National Suicide Prevention Lifeline: **1-800-273-TALK**
(8255); **En Español 1-888-628-9454**

National Suicide Prevention Lifeline

Connect 24/7 to a crisis counselor by texting the Crisis Text
Line: Text **HOME** to **741741**

National Institute on Mental Health (NIMH)

<https://www.nimh.nih.gov/health/topics/suicide-prevention>



BDD Support Resources

LEGAL DISCLAIMER

The resources provided in this handout are for reference only and are not personally endorsed by Eva Fisher, PhD.

Eva Fisher, PhD, has made every effort to confirm the reliability and accuracy of the resources provided. She is not liable for any errors or omissions in the resources or for any use you or others may make of the resources.