



International OCD Foundation

Help | Healing | Hope

Leading the fight for hope, treatment, and recovery from OCD & related disorders.

The **International OCD Foundation (IOCDF)** is the largest nonprofit dedicated to helping people with obsessive compulsive disorder (OCD) and related disorders. Founded from a small support group in 1986, we've grown into an international leader with 33 U.S. Affiliates and global partners worldwide.

Hope is at the center of who we are.

We connect people to life-changing treatment and support, fight stigma, raise awareness and understanding, support groundbreaking research, and advocate for policies that make life better for people with OCD & related disorders.



OUR MISSION

The mission of the IOCDF is to ensure that no one affected by OCD and related disorders suffers alone.

OUR VISION

Our vision is that everyone impacted by OCD and related disorders has immediate access to effective treatment and support.

VISION 2030

Under our 5-year strategy, by 2030, millions more people living with OCD will have access to treatment, support, and healing.

- **3+ million people** reached annually with life-saving resources and education
- **Thousands** engaged each year through our conferences and OCD Walks
- **3,000+ professional members** advancing care
- **3,600 clinicians** trained annually to deliver evidence-based treatment
- **\$12 million invested** in 155 donor-funded research studies to date





International
OCD
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OCD Affects Millions

You Can Help

Obsessive compulsive disorder (OCD) is a serious mental health condition where intrusive thoughts and compulsive behaviors cause significant distress and interfere with daily life.

YOUR GIFT BRINGS HOPE

When you give to the IOCDF, you help:

- Provide free resources and supportive community
- Expand treatment access worldwide
- Train professionals to deliver effective care
- Fund critical research

Together, we can change lives.



QUICK FACTS

- 10 million Americans live with OCD, including 2.2 million children
- People with OCD are 5x more likely to die by suicide
- Effective treatment exists — but too few have access

Donate today:
iocdf.org/donate
iocdf.org/waystogive

