

OCTOBER 11-17 is International OCD Week

## LET'S TALK *about* OCD IN SCHOOLS



**MICHELLE'S TEENAGE DAUGHTER, KASSY, COMMITTED SUICIDE LAST YEAR AFTER A 2-YEAR BATTLE WITH OBSESSIVE COMPULSIVE DISORDER (OCD).**

Did you know that 1 student in every 2 classrooms struggles with OCD?

Most of us may find it difficult to distinguish between a mannerism and OCD. When is tidiness or cleanliness an asset and when is it tormenting someone into clinical anxiety or depression.

The challenge is that those suffering are so confused and embarrassed they desperately try to hide it. Awareness is key for both kids with undiagnosed OCD and those they interact with. You wouldn't offer cake to a diabetic if you knew better. Family, friends and teachers notice changes in behavior, socialization or grades, and if we gain a better understanding of OCD, it may be the difference between a valedictorian and a patient at Children's Hospital.

**Once there is awareness, we can concentrate on mental health instead of mental illness.**

OCD International Awareness Week is an international effort to raise awareness and understanding about obsessive compulsive disorder and related disorders, with the goal of helping more people to get timely access to appropriate and effective treatment. Launched in 2009 by the International OCD Foundation (IOCDF), OCDbc joins its efforts. Help us create a better future for OCD and mental health by helping us spread the word in your school.

What are YOU doing to help improve mental health in your schools?

**OCD BC IS ASKING YOUR SCHOOL TO DEDICATE ONE DAY DURING OCT 11-17 TO ENCOURAGE STUDENTS AND STAFF TO WEAR MISMATCHED SOCKS. THE BRIGHTER AND MORE OPPOSITE THE BETTER! ENCOURAGE YOUR CLASSROOM TO TAKE A PICTURE AND EMAIL IT TO OCD BC. THANK YOU FOR YOUR SUPPORT.**

For more information on webinars, events, Kassy's story and OCD you can log onto [IOCDF](#) or [OCDbc](#).



Share your pictures on Twitter and Instagram with tags: **#sockittoOCD** and **#OCDweek**.

**OCDbc**  
There's hope because there's help

OCDbc.ca