Resources for OCD

OCD-related Websites:
- International OCD Foundation (IOCDF): http://www.ocfoundation.org/
- OCDinKids from the IOCDF: http://www.ocfoundation.org/ocdinkids/
- Ocdbc: http://www.ocdbc.ca/
- Beyond OCD: http://beyondocd.org/
- AnxietyBc: https://www.anxietybc.com/parenting/obsessive-compulsive-disorder
- Anxiety Disorders Association of America (ADAA): https://www.adda.org/understanding-anxiety/obsessive-compulsive-disorder

Resources for Children and Youth
Assessment/Treatment:
- Child and Youth Mental Health (CYMH) local teams - free self-referred service. Please check the walk-in intake days in the area where you reside
  - Website: http://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/mental-health-intake-clinics
- Provincial OCD Program at Children’s Hospital - referral from a physician is necessary
  - Website: http://www.bcchildrens.ca/our-services/mental-health-services/obsessive-compulsive-disorder-(ocd)

Books:
- Take Control of OCD: The Ultimate Guide for Kids With OCD (by Zucker)
- Up and Down the Worry Hill: A Children’s Book about Obsessive-Compulsive Disorder and its Treatment (by Pinto Wagner & Jutton)
- Talking Back to OCD: The Program That Helps Kids and Teens Say “No Way” - and Parents Say “Way to Go” (by March)
- Ten Turtles on Tuesday: A Story for Children About Obsessive Compulsive Disorder (by Flanagan Burns)
- Being Me with OCD: How I Learned to Obsess Less and Live My Life (by Dotson)
• The ABC's of OCD! (by Dunn)
• Repetitive Rhonda (by Evans)
• You Do That Too? Adolescents and OCD (by Arturo & Benson)
• The Imaginaries (by Bertram)
• Adalyn's Clare (by Dunn Buron)
• Not As Crazy As I Seem (by Harrar)
• Mr. Worry: A Story About OCD (by Niner)
• Blink Blink Clop Clop: Why Do We Do Things We Can't Stop? An OCD Storybook (by Moritz & Jablonsky)
• A Thought Is Just A Thought: A Story Of Living With OCD (by Talley)
• No One is Perfect and YOU Are a Great Kid (by Hix)
• The Ray of Hope: A Teenager's Fight Against Obsessive Compulsive Disorder (by John)
• Willow Wonders. Why do I Worry? (by Radcliffe & Beckstrom Radcliffe)
• For Asperger's Syndrome and OCD: Stuck Asperger’s Syndrome and Obsessive-Compulsive Behaviors (by Hoffman)

Resources for Parents/Families

Books:
• Talking Back to OCD: The Program That Helps Kids and Teens Say “No Way” - and Parents Say “Way to Go” (by March)
• Freeing Your Child from Obsessive-Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents (by Chansky)
• Helping Your Child with OCD: A Workbook for Parents of Children With Obsessive-Compulsive Disorder (by Fitzgibbons & Pedrick)
• Stolen Child: A Mother's Journey to Rescue Her Son from Obsessive Compulsive Disorder (by Gough)
• When a Family Member Has OCD: Mindfulness and Cognitive Behavioral Skills to Help Families Affected by Obsessive-Compulsive Disorder (by Hershfield)
• What to do when your Child has Obsessive-Compulsive Disorder: Strategies and Solutions (by Pinto Wagner)
• Obsessive-Compulsive Disorder: Helping Children & Adolescents (by Waltz)
Resources for Adults

Treatment:

- Adult Mental Health local teams - free self-referred service for adults 19 years and older. Please check the intake phone number for the area where you reside
  - Website: http://www bcmhsus.ca/how-to-find-help?q=20

Books:

- You Do That Too? (by Benson & Arturo)
- The Thought That Counts (by Kant, Franklin and & Wasmer Andrews)
- Imp Of The Mind (by Baer)
- The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder (by Hyman & Pedrick)

Resources for Family Members of Adults with OCD

- Obsessive-Compulsive Disorder: A Guide for Family, Friends, and Pastors (by Collie)
- Obsessive Compulsive Disorder: New Help for the Family (by Gravitz)
- Loving Someone with OCD: Help for You and Your Family (by Landsman)

Resources for Schools

Website:

- OCD Education Station: http://www.ocdeducationstation.org/

Books:

- Students with OCD: A Handbook for School Personnel (by Adams)
- Teaching Kids with Mental Health and Learning Disorders in the Regular Classroom: How to Recognize, Understand and Help Challenged (and Challenging) Students Succeed (by Cooley)
- Teaching the Tiger: A Handbook for Individuals Involved in the Education of Students with Attention Deficit Disorders, Tourette Syndrome or Obsessive-Compulsive Disorder (by Dornbush & Pruitt)

Resources for Therapists

Training:

- Behavior Therapy Training Institute (BTTI): In-depth three-day intensive training course in Cognitive-Behaviour Therapy (CBT) for mental health professionals treating individuals with OCD and related disorders: https://iocdf.org/professionals/training-institute/btti/
Books for therapists treating children and youth:
- OCD in Children and Adolescents: A Cognitive-Behavioral Treatment Manual (March & Mulle)
- Cognitive Behavioral Treatment of Childhood OCD: It’s Only a False Alarm (Therapist Guide; Piacentini, Langley, & Roblek)
- Handbook of Child and Adolescent Obsessive-Compulsive Disorder (Storch, Gary, Geffken, & Murphy)
- Treatment of OCD in Children and Adolescents A Cognitive-Behavioral Therapy Manual (Pinto)
- The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety Worry Panic Attacks Obsessions and Compulsions (Wiegartz & Gyoerkoe)

Books for therapists treating individuals with OCD:
- Clinical Handbook of Obsessive-Compulsive Disorder and Related Problems (Edited by Abramowitz, McKay & Taylor)
- Obsessive-Compulsive Disorder: Advances in Psychotherapy (An Evidence-Based Practice Book; by Abramowitz)
- Concepts and Controversies in Obsessive Compulsive Disorder (Edited by Abramowitz & Houts)
- Cognitive-Behavior Therapy for OCD (by Clark)

Personal Memoirs
- The Man Who Couldn’t Stop: OCD and the True Story of a Life Lost in Thought (by Adam)
- The Boy Who Finally Stopped Washing: OCD From Both Sides of the Couch (by John B.)
- Rewind Replay Repeat: A Memoir of Obsessive-Compulsive Disorder (by Bell)
- When in Doubt Make Belief: An OCD-Inspired Approach to Living with Uncertainty (Bell)
- Obsessive-Compulsive Anonymous: Recovering from Obsessive-Compulsive Disorder (by Roy C.)
- The Thing Inside My Head: A Family’s Journey Through Mental Illness (by Chaber)
- Exiting the Maze (by Cole)
- OCD and Me: My Unconventional Journey Through Obsessive Compulsive Disorder (by Cunningham)
• Life in a Whirlwind of Numbers. 26 Years of OCD, 2nd Edition (by Dahlberg)
• Battle for Control: A Memoir of Anorexia, Exercise Bulimia, and Other Compulsions (by Erlandson)
• Memoirs of a Born Shlepper Never Give OCD a Third Thought (by Fadem)
• Obeying Conflicting Demands: Silencing the Voice of Obsessive-compulsive Disorder (by Folcik)
• Living With Severe Obsessive Compulsive Disorder (by Gius)
• The People You Meet in Real Life (by Hopely)
• The Thought that Counts: A Firsthand Account of One Teenager's Experience with Obsessive-Compulsive Disorder (by Kant)
• The Crazy and The Damned: An OCD Memoir: A Story of Hope & Victory (by Lanni)
• Saving Sammy: Curing the Boy Who Caught OCD (by Maloney)
• From Tortured to Almost Free: A Psychiatric Therapist's Life with Obsessive Compulsive Disorder (by Goldstein Mullin)
• I Hardly Ever Wash My Hands: The Other Side of OCD (by Keeler)
• Fixation Pains ... A True Struggle for Survival (by Michael Molinari)
• Life in Rewind: The Story of a Young Courageous Man Who Persevered Over OCD and the Harvard Doctor Who Broke All the Rules to Help Him (by Weible Murphy, Jenike, and Zine)
• Check Mates: A Collection of Fiction Poetry and Artwork About Obsessive-Compulsive Disorder by People with OCD (by Muse and Abrams)
• Desert Lily (by Pascaris)
• Contaminated: My Journey Out of Obsessive Compulsive Disorder (by Radano)
• "It'll be Okay:“ How I Kept Obsessive-Compulsive Disorder (OCD) from Ruining My Life (by Shy)
• Charcoal Grey: A memoir of obsessive-compulsive disorder (by Sanfey)
• Strivings Within - The OCD Christian: Overcoming Doubt in the Storm of Anxiety (by VanCleve)
• Triggered: A Memoir of Obsessive-Compulsive Disorder (by Wortmann)

Compiled by Dr. Juliana Negreiros using public resources