

## OCD Starter Kit (June 2023 Update)

### Websites

<b>International OCD Foundation</b>	iocdf.org
<b>Anxieties.Com (Dr. Reid Wilson, packed with resources)</b>	anxieties.com
<b>Freedom from OCD (Dr. Grayson's Site)</b>	freedomfromocd.com
<b>Shala Nicely, LPC (Therapist and Author)</b>	shalanicely.com
<b>Jeff Bell (Author, Advocate)</b>	jeffbellonline.com
<b>Mental Health America of Ohio</b>	mhaohio.org

### Self-Help Books

<i>Getting Over OCD: A 10-Step Workbook for Taking Back Your Life (2<sup>nd</sup> Edition)</i>	Jonathan Abramowitz
<i>Freedom from Obsessive Compulsive Disorder</i>	Jonathan Grayson
<i>The OCD Workbook (3<sup>rd</sup> Edition)</i>	Bruce Hyman and Cherrlene Pedrick
<i>The Mindfulness Workbook for OCD</i>	Jon Hershfield and Tom Corboy
<i>Everyday Mindfulness for OCD</i>	Jon Hershfield and Shala Nicely
<i>When a Family Member has OCD</i>	Jon Hershfield

### Personal Memoirs

<i>Rewind Replay Repeat: A Memoir of Obsessive Compulsive Disorder</i>	Jeff Bell
<i>The Man Who Couldn't Stop</i>	David Adam
<i>Life in Rewind</i>	Terry Weible Murphy

### Books for Parents

<i>Freeing Your Child from Obsessive-Compulsive Disorder</i>	Tamar Chansky
<i>Talking Back to OCD</i>	John March

### Children's Books

<i>What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD</i>	Dawn Huebner
<i>Up and Down the Worry Hill</i>	Aureen Pinto Wagner
<i>A Thought is Just a Thought</i>	Leslie Talley
<i>Blink, Blink, Clap, Clap</i>	E. Katia Moritz

**Podcasts:** The OCD Stories by Stuart Ralph      The Invisible Wheelchair      Living with OCD

### Suggestion of things to do during OCD Recovery

Journaling  
Self-Monitor Triggers / Intrusive Thoughts / Rituals (to clarify how often they are happening)  
Daily Wins List (facing fears to do things you value; resisting rituals)  
Identifying Your Life Values (Doing What Matters to You and Not What OCD Wants)  
Set Aside Specific Time Every Day to Practice Exposures (Until You Reach a Maintenance Level and Are Not Avoiding)  
Practice Mindfulness & Self Compassion  
Reach Out to Family/Friends for Support  
Educate Loved Ones on How to Better Support Your Recovery

### Mindfulness Websites/Apps

Mindful Way through Anxiety Exercises: [mindfulwaythroughanxiety.com/exercises](http://mindfulwaythroughanxiety.com/exercises)  
Chris Germer & Kristin Neff Self Compassion Site: <https://centerformsc.org/>  
Calm App  
Headspace App  
Insight Timer App  
Oak App (Available Only on Apple)

### Emergency/Crisis Support (You Do Not Have To Be Suicidal To Utilize)

**National Suicide Prevention Lifeline: Dial 988**

**The local (Franklin County, Ohio) mental health crisis facility is Netcare Access: Call 614-276-2273**

### Check out Central Ohio GOALS for OCD on Social Media

**Facebook:** Central Ohio GOALS for OCD (You must attend the group at least once to join the FB group):

<https://www.facebook.com/groups/412377695608640>

**WhatsApp Group Chat:** <https://chat.whatsapp.com/BQFjnqItgAg2KdgsAiX33>

Remember You Are Not Your OCD!