

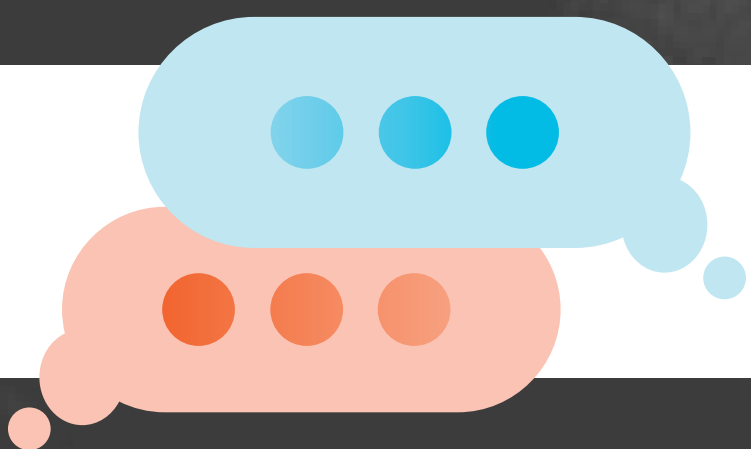


Misusing words  
can undermine  
real mental health  
conditions.

## **OCD**

*noun*

Obsessive Compulsive Disorder (OCD) is characterized by unwanted and repeated thoughts, feelings, images and sensations resulting in behaviors or mental acts to reduce feelings of anxiety.



**SPEAKMINDFULLY.ORG**