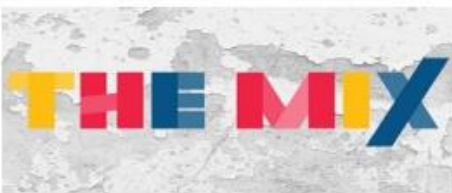




Provides lots of information and advice



Provides lots of information, advice, support and has an online peer support form



Provides free 24/7 support
Call for free
Live messenger

A series of self-help, learning and signposting avenues of support for students and families of The Fen Rivers Academy

People

Safe relationships,
Good people are you.

Purpose

A purpose in life,
A great education built for you.

Place

A good place to live,
A safe place to learn in.

Please get in touch if any of the following professionals could support with you with questions or concerns further: SENCo, Mental Health First Aider, Pastoral team, DSL

The Fen Rivers Academy
Kilhams Way
King's Lynn
Norfolk
PE30 2HU
01553 887330



The Fen Rivers Academy

Part of the Catch22
Multi Academies Trust

'Every interaction a conscious intervention'



OCD



All about OCD

Obsessive-Compulsive Disorder (OCD) is an anxiety related condition that has two main elements-obsessions and compulsions.

Some common obsessions are:

- fears about dirt or germs
- worries about bad things happening
- thoughts about doing something embarrassing

Some common compulsions are:

- checking things over and over
- washing and cleaning
- touching or tapping things

OCD can cause repeating thoughts, images, feelings and actions that are distressing.

OCD is not always just about being tidy and may not be obvious to other people.

OCD can involve thoughts and worries about things such as sexuality and relationships.

Some people feel guilty or ashamed about the thoughts that they are having.

OCD can be serious but it is treatable.

How do I know if I have OCD?

Some symptoms you might feel:

- a strong urge to stop the feelings/thoughts/worries
- a short relief after completing rituals
- a need to check things with people to gain reassurance
- struggling to ignore the feelings

What can I do to help myself?

OCD can be serious but it is treatable.

- Try to notice what behaviour is making you feel worse.
- Distract yourself (do some exercise)
- Tell an adult who you trust (school staff, a family member/ carer) they can listen to you and look at getting you some help and support.

OCD may be causing you distress and taking up lots of time. Remember its not your fault!

What other support is there ?

Remember you are not alone. There is lots of support out there. You have not done anything wrong and deserve the support!



On Kooth you can

- Chat to our friendly counselors
- Read articles written by young people
- Get support from the Kooth community
- Write in a daily journal

Helpline, web chat, email support
Text mermaids to 85258
Lots of support and advice



ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline are here to talk to you
24/7
Chat online
Call free