



On a waiting list for OCD treatment?

The Bridge is a free online programme for young people aged 14 to 25.

While you're waiting, *The Bridge* can help you understand OCD and feel more prepared for treatment.

Across eight weekly modules on Zoom, you'll learn how OCD works and why it can affect so many parts of your life. You'll also find out what therapy involves, helping you feel more prepared and get more out of it when it starts.

You'll be with other young people who have OCD and understand what it's like. Each module focuses on something different, with opportunities to talk about your experiences of living with OCD and the feelings that come with it.

- A supportive, interactive group with the same people each week
- Separate groups for young people aged 14 to 17 and young adults aged 18 to 25
- Co-led by someone who lives with OCD
- Free, and you don't need an official diagnosis to join

"I usually struggle in groups, but I was surprised by how comfortable I felt. The facilitators and other participants were so friendly, which really helped."

Bridge participant,
aged 25

SCAN OR VISIT



Learn more and apply
ocdaction.org.uk/the-bridge

Are you supporting a young person on a waiting list for OCD treatment?

The wait for treatment can be long, and during that time, OCD can have a growing impact on the whole family. *The Bridge* is a free online psychoeducation programme for parents and caregivers of young people aged 14 to 25 who are waiting for OCD treatment. Across eight weekly modules on Zoom, you'll meet other parents and caregivers in the same position and develop a clearer understanding of what the young person you support is experiencing.

What you will work through

- How OCD works and what keeps it going
- How to navigate the NHS and advocate for the young person you support
- What evidence-based treatment involves and what to expect
- How to support a young person to get the most from treatment when it begins
- How to look after your own wellbeing during the wait for treatment

"We feel less alone and much better informed about OCD and treatment. Hearing from the facilitators and other parents gave us practical ways to support our child and, most importantly, more hope."

Parents who took part in *The Bridge*

Your group is separate from the young person's group, giving you space to speak openly about your own experiences. You can take part whether or not the young person you support does.

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