# What is OCD?

An Easy Read guide

***This is an Easy Read document. It uses simple words and pictures.***

## What is OCD?

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| | OCD means having worried thoughts that will not go away. |
| | The person then does an action to feel better.<br>But the worry soon comes back. |

## What it can look like

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| | Washing hands again and again. |
| | Checking things again and again. |

## How to help

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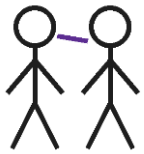
|---|---|
|  | Take the worry seriously. |

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| | A specialist can help with treatment. |