

# OBSESSIVE-COMPULSIVE DISORDER

## Where to go when you're looking for help

Updated March 2025

People with obsessive-compulsive disorder (OCD) experience uncontrollable recurring thoughts (obsessions) and repetitive or ritualistic behaviours (compulsions) that they feel an urge to perform. The obsessions are distressing, uninvited thoughts that surface over and over, even when the person tries not to have them. People with OCD usually know that their obsessions are unrealistic creations of their own minds, but they cannot control, ignore or get rid of them. To relieve the distress and anxiety caused by the obsessions, they often perform repetitive behaviours or rituals. These behaviours, or compulsions, may become “stuck,” and can last for hours. In OCD, obsessions and compulsions interfere with the person’s ability to function in everyday life.

## Treatment Options for OCD

People with OCD should get treatment that is specific to OCD from a qualified therapist. Some forms of traditional psychotherapy do not relieve symptoms, but ongoing treatment that combines cognitive-behavioural therapy (CBT) and medication usually helps. Both individual and group therapy are effective. Continuing with treatment even after symptoms have improved can help to maintain gains and prevent relapse.

\*Please contact Access CAMH (416 535-8501, option 2) if you would like a resource sheet that lists places in the community that offer CBT.

## Adult Services

### Centre for Addiction and Mental Health – Mood and Anxiety Service

100 Stokes Street, Toronto

[www.camh.ca/en/your-care/programs-and-services/mood-anxiety-ambulatory-services](http://www.camh.ca/en/your-care/programs-and-services/mood-anxiety-ambulatory-services)

Tel.: 416 535-8501 (press 2 to inquire about this service).

**Services:** For adults, psychiatric consultations and time-limited group-based CBT for mood, anxiety and obsessive-compulsive disorder; treatment and follow-up, education and services for families; monthly drop-in booster CBT group for people who have completed the CBT for OCD group

---

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please e-mail the information to us at [access.resources@camh.ca](mailto:access.resources@camh.ca).

*This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.*

**camh**

**Referral:** Physician referral required. Forms can be completed online or faxed to Access CAMH at 416 979-6815. Referrals are reviewed by intake coordinators and may include telephone screening or other information requests from physicians.

**Note:** Children and youth with OCD are referred to the Hospital for Sick Children.

## St. Joseph's Healthcare – Anxiety Treatment & Research Clinic

50 Charlton Avenue East, Hamilton

[www.stjoes.ca/health-services/mental-health-addiction-services/mental-health-services/anxiety-treatment-and-research-clinic-atrc](http://www.stjoes.ca/health-services/mental-health-addiction-services/mental-health-services/anxiety-treatment-and-research-clinic-atrc)

Tel.: 905 522-1155 ext. 35377

**Services:** Treatment for OCD, including CBT; group sessions following treatment; family support and education groups; quarterly seminar on OCD in children and adolescents

**Eligibility:** Children and adults

**Referral:** An intake form through Connect, found on the website

**Note:** Pre-program screen required, located on Level 1 at St. Joseph's West 5th campus

## Sunnybrook Health Sciences Centre – Frederick W. Thompson Anxiety Disorders Centre

2075 Bayview Avenue, K Wing, Room K3W41, Toronto

<https://sunnybrook.ca/content/?page=frederick-thompson-anxiety-disorders-centre>

Tel.: 416 480-4002

**Services:** Group CBT treatment through a web-based model; residential and day treatment offered in a hybrid model with online and in-person components

**Eligibility:** People ages 18–65 with principal diagnosis of OCD and severe symptoms that are resistant to other treatment, including SSRIs, SNRIs and augmentation agents, or who cannot get CBT locally

**Referral:** Physician referral form on website; email [thompsoncentreclinic@sunnybrook.ca](mailto:thompsoncentreclinic@sunnybrook.ca) or fax 416 480-5766

## Child and Youth Services

### Hospital for Sick Children – Department of Psychiatry

555 University Avenue, 1st floor, Burton Wing, Room 1115, Toronto

[www.sickkids.ca/psychiatry/index.html](http://www.sickkids.ca/psychiatry/index.html)

Tel.: 416 813-7005

[intake.mhap@sickkids.ca](mailto:intake.mhap@sickkids.ca)

**Services:** Intensive day-treatment program for youth ages 13–17 with severe anxiety and mood disorders that uses CBT to help youth transition back to school or other services after two or three months. Other programs include urgent care, mental health consultations, integrated mood and body clinics, integrated care, inpatient programs

**Eligibility:** Birth to age 18; varies by program

**Referral:** Services accessed through the Mental Health Access Program. Physician/pediatrician referral needed. See website for specific referral information for each program.

### Sunnybrook Health Sciences Centre – Youth Division

*This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.*

2075 Bayview Avenue, Toronto

<http://sunnybrook.ca/content/?page=pyschiatry-youth-programs>

Tel.: 416 480-6100

**Services:** Inpatient program (ages 14–20) to assess and treat mood and severe anxiety disorders; outpatient program (ages 14–18) for youth with complex mood or anxiety issues; Fresh Start, a school-based program to help students with anxiety and mood disorders transition back to school

**Eligibility:** Ages 14–20; specific age varies by program

**Referral:** Physician referral needed. See referral information for each program on the website.

## Turning Point Youth Services

95 Wellesley Street East, Toronto

[www.turningpoint.ca](http://www.turningpoint.ca)

Tel.: 416 925-9250

**Services:** Free individual, family and group counselling; live-in treatment for youth with behavioural or mental health difficulties who are unable to live at home; day treatment for high-school students ages 12–18 who have significant challenges at school; youth justice programs, including counselling and support for youth involved in the legal system

**Eligibility:** Ages 12–24, but varies by program

**Referral:** Self-referrals accepted by calling Help Ahead at 1 866 585-6486

**Waitlist:** Calls returned within 48 hours. Waitlist may vary based on program and availability.

## Support Groups

### Mood Disorders Association of Ontario – OCD Psychoeducational Peer Support Group for Families and Friends

36 Eglinton Avenue West, Suite 602, Toronto

Tel.: 416 486–8046 ext. 238

[elyseg@mooddisorders.ca](mailto:elyseg@mooddisorders.ca)

**Services:** Monthly support group for families and friends of someone with OCD

**Note:** Group is on hiatus at last update in February 2024

### OCD Canada – Obsessive Compulsive Disorder Support

120 Carlton Street, Suite 208, Toronto

<http://ocdcanada.org>

Tel.: 416 880-4630

[info@ocdcanada.ca](mailto:info@ocdcanada.ca)

**Services:** Free group support for people with OCD

**Note:** Third Wednesday of every month, 6:30 pm–8:30 pm

### OCD Toronto Support Group

1558 Bloor Street West, Toronto

The Centre (Romero House)

*This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.*

<https://iocdf.org/support-groups/ocd-toronto-support-group>  
[ocdtorontocan@gmail.com](mailto:ocdtorontocan@gmail.com)  
Tel.: 647 290-9409

**Services:** Peer-led support group for people with OCD, and their family and friends; held third Thursday of every month, 7:00 pm–9:00 pm

**Referral:** No registration required

**Note:** Free of charge. Call or email before attending to confirm time. Group closed in July and August.

## OCD Organizations

The Canadian Institute for Obsessive Compulsive Disorders/  
L'Institut Canadien des Troubles Obsessifs Compulsifs

[www.ciocd.ca](http://www.ciocd.ca)      [Connect@ciocd.ca](mailto:Connect@ciocd.ca)

AnxietyBC

[www.anxietybc.com](http://www.anxietybc.com)

Anxiety Disorders Association of America

[www.adaa.org](http://www.adaa.org)

Anxiety Disorders Association of Ontario

[www.anxietydisordersontario.ca](http://www.anxietydisordersontario.ca)  
[admin@anxietydisordersontario.ca](mailto:admin@anxietydisordersontario.ca)

Anxiety Disorders Association of Canada

[www.anxietycanada.ca](http://www.anxietycanada.ca)

## OCD Self-Help Books

Abramowitz, J.S. (2018). *Getting Over OCD: A 10-Step Workbook for Taking Back Your Life* (2nd ed.). New York, NY: Guilford Press.

Baer, L. (2012). *Getting Control: Overcoming Your Obsessions and Compulsions* (3rd ed.). New York, NY: Plume.

*This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.*

Carmin, C. (2009). *Obsessive-Compulsive Disorder Demystified: An Essential Guide for Understanding and Living with OCD*. Cambridge, MA: Lifelong Books.

Challacombe, F., Oldfield, V.B. & Salkovskis, P. (2011). *Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT*. London, UK: Vermilion.

Grayson, J. (2014). *Freedom from Obsessive-Compulsive Disorder: A Personalized Recovery Program for Living with Uncertainty*. New York, NY: Berkley Publishing Group.

Hyman, B.M. & Pedrick, C. (2010). *The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder* (3rd ed.). Oakland, CA: New Harbinger.

Purdon, C. & Clark, D.A. (2005). *Overcoming Obsessive Thoughts: How to Gain Control of Your OCD*. Oakland, CA: New Harbinger.

Rector, N.A., Bartha, C., Kitchen, K., Katzman, M. & Richter, M. (2024). *Obsessive-Compulsive Disorder: An Information Guide*. Toronto, ON: CAMH. Order a copy for \$6.95 through the CAMH store at <https://store-camh.myshopify.com/products/pm123-pm124>. Available in English and French.

Yadin, E., Foa, E.B. & Lichner, T.K. (2012). *Treating Your OCD with Exposure and Response (Ritual) Prevention* (2nd ed.). New York, NY: Oxford University Press.

*This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.*