



## Support Group Meetings for Family and Friends

- **OCD, BDD and TTM/Trich**, like any mental health conditions, can be equally difficult for family members and close friends to deal with. As a consequence of diagnosis, family members also experience feelings of fear, loss and stigma. Contacts with extended family and friends can diminish and there can also be an overwhelming feeling of being alone.
- **OCD Ireland** has started a *support group* to offer support/ information in *confidential* and *non judgemental* surroundings for a family member, spouse, parent, sibling, friend of person who has been impacted with **OCD**, or the related disorders of Trichotillomania (**TTM**) and Body Dysmorphic Disorder (**BDD**).
- It is a private place to discuss ideas and experiences, to ask questions and to share resources and information with one another.

You are invited to attend the ***Support Group Meetings for Family and Friends.***

**Where:** St. Patrick's Hospital, Room B (Ask at main reception), James Street, Dublin 2.

**Time:** 7.30pm

**How Often:** The group meets once a month and the calendar on the *OCDIreland.org* site).

**LUAS Information:** The Luas runs every 5-8 minutes on the Tallaght Line and it will bring you straight to St. Patrick's Hospital (get off at Heuston Station).

**Bus information:**

123 | [206](#) | [51B](#) | [51N](#) | [69N](#) | [78A](#) | To James Street and from there 5-10 minute walk.

Please visit our website at [www.ocdireland.org](http://www.ocdireland.org) for further information