



OCD Support Groups

- Do you ever find yourself doing the same thing over and over again without understanding why?
- Do you experience persistent, intrusive, unwanted thoughts, ideas, urges that cause you discomfort or distress?
- You're not alone!!! You maybe be experiencing the symptoms of **OCD, Obsessive Compulsive Disorder**.
- **OCD** Ireland has a support group to offer support/ information in *confidential* surroundings to people who may have **OCD**.
- The support group is only for OCD sufferers and people who have concerns that they may be suffering from OCD. You are invited to attend the **Support Group Meetings**.

Monday Groups

Venue: St. Patrick's Hospital, Room F (ask at main reception), James Street, D. 2
Time: 8:00 pm
When: The meetings are **twice** a month on **Mondays** (calendar on **OCDIreland.org** site)

Tuesday Group

Venue: St. Patrick's Hospital, Room B (ask at main reception), James Street. D. 2
Time: 7:30 pm
When: The meetings are **once** a month on a **Tuesday** (calendar on **OCDIreland.org** site)

LUAS Information

The Luas runs every 5 minutes on the Green 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 it is a 5-10 minute walk.

Parking

Available for a fee at St. Patrick's Hospital

Please visit our website at www.ocdireland.org for further information