



Trichotillomania Support Group

- Trichotillomania is a disorder of hair pulling, resulting in significant hair loss. It is commonly known as TTM or Trich.
- Many of us with Trich have felt very alone, and ashamed and have put a great deal of time and energy into hiding their Trich. Research shows that up to 2% of the population may be affected by Trich. **You are not alone.**
- **OCD** Ireland has started a group to offer support/ information in *confidential* surroundings to people who may have **Trichotillomania**.
- The support group is for adult Trichotillomania sufferers **only** and/or individuals who have concerns that they may be suffering from Trich.

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

Date: 2nd Tuesday of the month (the calendar is on the OCD Ireland website)

Time: 7.30 – 9:00 p.m.

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

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