

TOP UK

The OCD and Phobia Charity



Are you living with OCD or a Phobia?

Do you panic in confined spaces?

Do you feel extreme anxiety in
social situations?

Are you terrified of birds, spiders
or heights?

Perhaps you are spending hours washing,
cleaning or checking?

We are here to listen and help.
We offer weekly self help groups for people
living with OCD and phobias.



Please get in touch

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Registered Charity No. 1034932

(image reference available upon request)