

Are you struggling with anxiety due to

unwanted thoughts, images, or urges?



It may be due to

Obsessive Compulsive Disorder (OCD)

OCD affects 1 of 40 people but is very misunderstood. Symptoms include:

- Unacceptable, recurring thoughts, images, or urges that are sexual, religious, contamination-based, aggressive, or relationship-based in nature.
These are called obsessions.
- Mental or physical behaviors to make the recurring, intrusive, thoughts, images, or urges stop and the corresponding anxiety go away.
These are called compulsions.

OCD is commonly misdiagnosed and can overlap with other conditions. Click below to see if you have OCD symptoms.

Take an OCD Quiz.

Effective OCD therapy is available.

Cigna partners with NOCD's telehealth therapists that specialize in treating OCD.

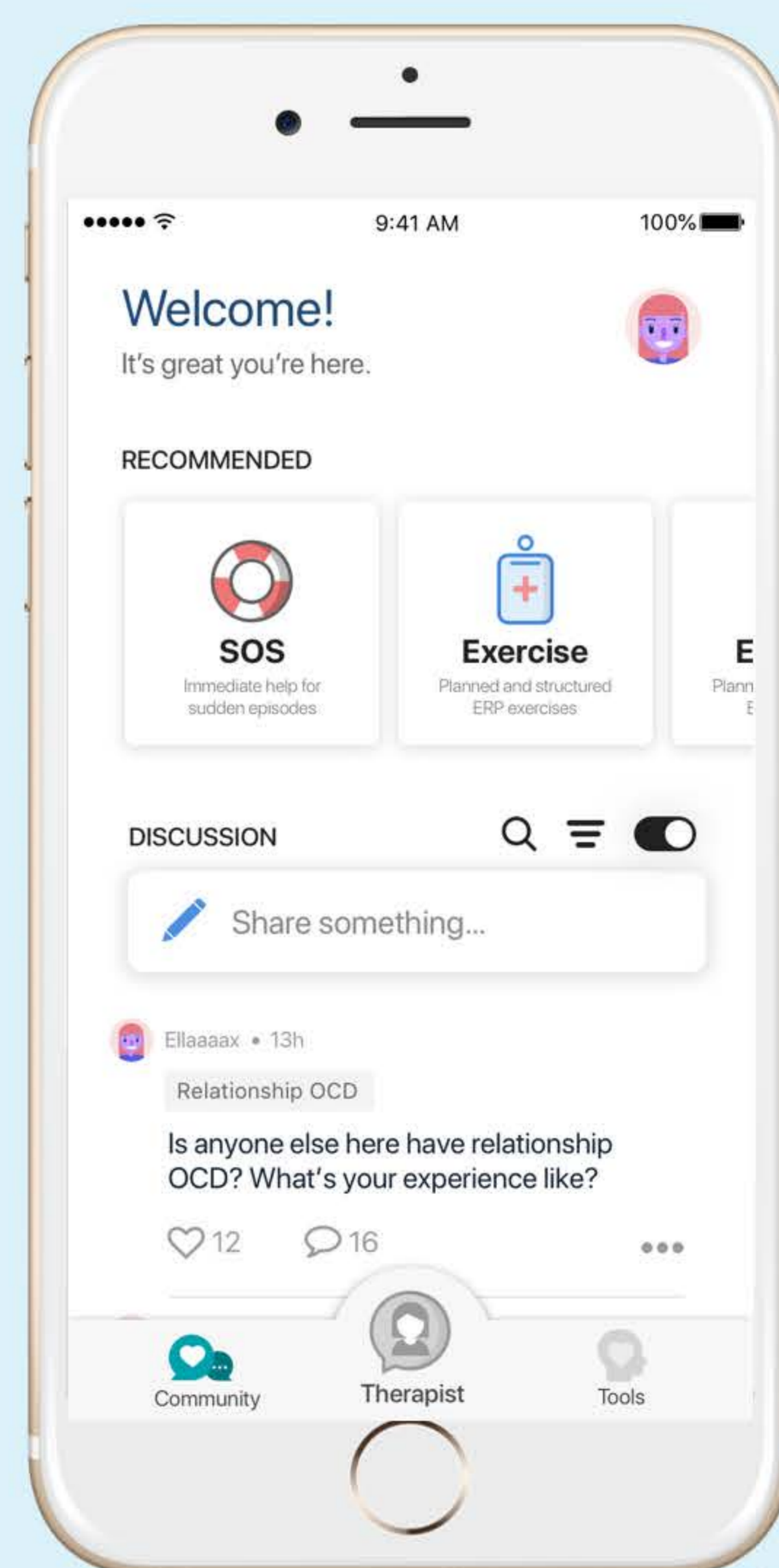


Get connected

with a licensed, OCD-trained therapist for live face-to-face video sessions online.

Get support

between sessions from personalized self-help tools and peer support communities.



Learn more at www.nocd.com or call 312-766-6780.