

# Obsessive-Compulsive Disorder

**The Obsessive-Compulsive Disorder module is an online program that is proven to help with the treatment of obsessive compulsive disorder in short, easy sessions.**

This program focuses on understanding ritual impacts, trigger identification, and develops self-management skills to create challenging ways of using exposure to attain goals.

Feeling better, being better

- Proven, medication-free option
- Simple, easy-to-follow instructions
- Access anytime, anywhere and at your own pace
- Private and confidential

Research proves you can:

- Learn new skills to help feel better
- Gain knowledge to prevent setbacks
- Reduce the amount of time spent obsessing and ritualizing

Available to you at no cost.

Begin feeling better by logging on today.

The most optimal browsers to use when accessing the programs are the latest Google Chrome or Firefox browsers.

USPS EMPLOYEE ASSISTANCE PROGRAM  
**A Program You Can Trust** 

**800-327-4968**

(800-EAP-4-YOU) TTY: 877-492-7341  
[www.EAP4YOU.com](http://www.EAP4YOU.com)



**Suffering  
from OCD?**