Do I have Obsessive Compulsive Disorder (OCD)?

Do you often experience unwanted intrusive thoughts, images or urges? Do you suffer from compulsions?

We treat OCD. Find out more.

MAP OF CHPC

OPENING HOURS

Monday to Thursday
10.00am to 6.30pm
Last appointment at 5.30pm

Friday
10.00am to 6.00pm
Last appointment at 5.00pm

Closed during lunch (1.00pm - 2.00pm)
Closed on weekends and public holidays
*Services are by appointment only.

ABOUT CHPC

Our service is part of the Clinical and Health Psychology Centre (CHPC) which is affiliated with the Department of Psychology at the National University of Singapore (NUS). Our clinic is staffed with postgraduate clinical psychology interns, who are supervised by doctoral-level clinical psychologists with high level of expertise in treating OCD.

We adhere to the highest standards of professionalism. Your confidentiality and privacy is protected, and no data goes on the National Electronic Health Record (NEHR). Our treatment is in line with best evidence-based practice.

FEES

Please contact clinic for fee structure.

CONTACT US

University Health Centre (Basement)
National University of Singapore
20 Lower Kent Ridge Road S(119080)
Tel: (65) 6516 5322  Fax: (65) 6773 1361

Email: chpc.enquiries@nus.edu.sg
Website: https://tinyurl.com/chpcnus

GETTING HERE

From Kent Ridge MRT
Bus 95 or NUS Shuttle Bus A1/A1E/D2
Alight at Yusof Ishak House bus stop opposite University Health Centre

Parking
CP 3 University Cultural Centre
CP 4 Raffles Hall
CP 5 Sports Recreation Centre
6B University Hall

Entrance of University Health Centre
**OBSESSIONS**
ObSESSIONS are NORMAL intrusive thoughts, images or impulses that are accompanied by uncomfortable feelings such as fear, disgust or feeling things have to be ‘just right or just so’.

- Contamination
- Losing control
- Religious obsessions
- Orderliness
- Unwanted sexual thoughts
- Inability to discard worn out things
- Cause harm

**WHAT IS OCD?**
Obsessive Compulsive Disorder (OCD) is a common and disabling condition, which consists of obsessions and compulsions that take up a lot of time, are distressing and get in the way of doing important activities like going to work or school.

- Cognitive Behavioural Therapy (CBT) with Exposure and Response Prevention is the treatment of choice for OCD.
- In CBT you learn to confront your obsessional concerns and overcome them.
- CBT involves doing homework tasks between therapy sessions. For example, keeping a diary about your intrusions, and repeating exposures exercises.

**HOW DO WE TREAT OCD?**

**COMPULSIONS**
Compulsions are excessive and repetitive behaviours or mental acts that aim to neutralise, lessen, or make obsessions and uncomfortable feelings go away.

- Hoarding
- Mental compulsions
- Frequent washing
- Checking
- Repeated (rewriting)

**1 in 33 Singaporeans suffer from OCD.**

**OCD is treatable.**

**Don't suffer in silence, get help!**