



## The HMG OCD Network

### What is the HMG OCD Network?

The HMG OCD (Obsessive Compulsive Disorder) Network is a friendly, confidential and supportive group which spans all departments and welcomes members from across the UK and overseas. We formed in December 2021 and meet for monthly peer support check-ins and quarterly raising awareness calls. We host a series of events from colleagues, as well as an aim to include external speakers to promote our goal of raising awareness of the mental health condition: Obsessive Compulsive Disorder. We also aim to provide a safe forum for anyone to share personal experiences or advice, whether they are directly affected by the condition or not. A bit more about our objectives below...

### OBJECTIVES

1. **To raise awareness of OCD** - which is often widely misunderstood, by providing a package of support and information including reading, resources and blogs etc. We raise awareness by sharing our personal experiences of the condition with colleagues across the Civil Service, through a multitude of channels (interactive virtual sessions, blogs, podcasts, etc).
2. **To break the stigma associated with the condition**, by educating colleagues across the Civil Service through internal and external sessions and resources. For example, we plan to deliver Team Leader and Line Manager training, create an OCD communication product for colleagues in the workplace, deliver Civil Service-wide events and arrange for internal speakers (colleagues affected by OCD) together with external speakers to share their own stories of living with OCD, either directly or indirectly.
3. **To provide peer support** to colleagues who experience OCD first-hand, for example through one-to-one coffees, smaller group sessions, social events and reading and resource recommendations.
4. **To partner with wider Mental Health Networks and initiatives** to promote awareness and understanding of OCD during Mental Health Awareness weeks in May (Mental Health week) and October (OCD week)

## **HOW TO JOIN US...**

We welcome anyone from across the Civil Service who experiences OCD personally, who is close to somebody with the condition, or who simply wants to learn more about it.

If you would like to join our network, you can request our contact information by contacting [lisa.colville@cfcs.org.uk](mailto:lisa.colville@cfcs.org.uk).

We look forward to meeting you!