

I AM ME, NOT MY OCD:

An online public forum on OCD



Obsessive-compulsive disorder (OCD) may be a debilitating mental health condition, but there is hope for recovery with treatment and support from family and friends. Through the stories of four individuals living with OCD, this Forum will shed light on what it means and what it takes to overcome OCD, and how you can play a part in a loved one's recovery.

Event Details

Date: Saturday, 24 July 2021

Time: 9.30am - 12pm

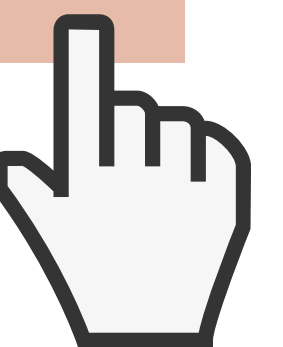
Via YouTube 'live' stream; link will be sent to registered participants

Free Admission



To register, please scan the QR code, or click on the link below.

[Sign Up Now](#)



1. Welcome

*A/Prof Swapna Verma
Chairman Medical Board, Institute of Mental Health (IMH)*

2. I'm Just So OCD!

An Introduction to OCD

Dr Bhanu Gupta, Senior Consultant, Department of Mood & Anxiety, IMH

3. The Seed of OCD

OCD in Youth

*Dr Adrian Loh, Visiting Consultant, Department of Developmental Psychiatry, IMH
Ms Tan Sok Ngin, Senior Manager, Student Support & Career Services, Temasek Polytechnic*

4. Prisoners of Our Minds

Treatment for OCD

*Dr Lau Boon Jia, Consultant, Department of Mood & Anxiety, IMH
Mr Desmond Ang, Senior Clinical Psychologist, IMH*

5. The Ecosystem of Support

Integrated Support & Services for OCD

*Ms Yvette Tan, Senior Medical Social Worker & Family Therapist, IMH
Dr Jackki Yim, Senior Clinical Psychologist, IMH
Ms Haanusia Prithivi Raj, Senior Clinical Psychologist, IMH*

For further enquiries, please email:

ocdforum2021@gmail.com

