



WHAT TO KNOW ABOUT

OCD Support Groups

OCD support groups are free, peer-led meetings for people living with obsessive-compulsive disorder and related conditions. OCD is chronically misunderstood and carries real shame, and many people hide their symptoms for years before an accurate diagnosis. These groups offer a place to be honest without explanation or judgment, among people who understand OCD from the inside. They aren't therapy and don't replace ERP, but they offer connection and community.

WHO IT'S FOR, AND WHO IT'S NOT

- A good fit for anyone with OCD or a related condition who wants peer connection.
- It works best alongside ERP-based treatment and is not a substitute for it.
- In acute crisis or severe, treatment-resistant OCD? Prioritize an ERP-trained clinician. Call or text 988.

What it's for

Any OCD subtype: contamination, harm, scrupulosity, relationship OCD, "pure O," and more.

Related conditions too: body dysmorphia, hoarding, hair-pulling, skin-picking.

Some chapters offer separate family groups so each population can speak freely.

WHAT TO EXPECT

1 Informal and member-driven, usually weekly or biweekly for 60 to 90 minutes.

2 No scripted curriculum and no pressure to disclose specific symptom content.

3 Members share ERP progress, struggles, and practical strategies. The culture is highly informed.

No study evaluates OCD peer groups directly, but the broader peer-support evidence is supportive.

- A 2021 review of group peer support (40 studies) found gains in **social support, empowerment, hope, and self-management** versus control.¹
- A review of mutual-help groups found consistent benefit across **well-being, coping, and social support**.²

MAKING THE MOST OF IT

- **Listening counts.** You don't have to share to benefit.
- **Pair it with ERP.** The group supports treatment, not replaces it.
- **Try more than one.** Find the group that fits.

QUESTIONS TO ASK BEFORE YOU JOIN

- 1** Is it open to all OCD subtypes, or focused on one?
- 2** Is it in person or online, and how often does it meet?
- 3** Is there a separate group for family members?

Ready to find a group?

Browse 2,000+ therapy and support groups in all 50 states.

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If you're in crisis, call or text 988.

The Group Guide is a directory, not a clinic. This handout is general education, not medical or mental health advice. Listings are written by group leaders and are not endorsements. Confirm details, cost, and fit with any group you contact. Sources on page 2.



Sources

OCD Support Groups · references keyed to the numbers on page 1.

- 1 Lyons, N., Cooper, C., & Lloyd-Evans, B. A systematic review and meta-analysis of group peer support interventions for people experiencing mental health conditions. *BMC Psychiatry* (2021), 21(1), Article 315.
- 2 Pistrang, N., Barker, C., & Humphreys, K. Mutual help groups for mental health problems: a review of effectiveness studies. *American Journal of Community Psychology* (2008), 42(1–2), 110–121.

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