



OCD? Not Me!
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Dear Mental Health Professional,

You are receiving this letter because you are currently treating a young person who has expressed interest in completing the OCD? Not Me! program with your support.

OCD? Not Me! is a free 8-stage online treatment program for young people with obsessive-compulsive disorder developed by the OCD Research Group at Curtin University, Western Australia. It uses exposure and response prevention and cognitive strategies to help young people reduce the symptoms of OCD. It is available as a fully self-help program, or as a therapist assisted program which requires you to administer four face-to-face treatment sessions over the course of the program.

If you are already registered to administer the therapist-assisted version of the OCD? Not Me! program, and you are happy to use this with your client, please invite them to the program by entering their parent/caregiver's email address in the "Invite a Client" form on the OCD? Not Me! website (note, this is only visible once you have logged in to the program).

If you are not yet registered to administer the therapist-assisted version of the OCD? Not Me! program and you wish to register, you can do so via our website: www.ocdnnotme.com.au
Once your registration is complete you will be able to download our free therapist manual which outlines how to use the program with your clients.

If you do not wish to use the therapist-assisted version of the OCD? Not Me! program with your client, please advise them to register for the self-help version of the program.

If you would like to learn more about our program before responding to this invitation, please visit www.ocdnnotme.com.au

Kind regards,

The OCD? Not Me! Team
Curtin University