

# OCDTribe.com, An Online Support Community

*By Ryan FitzGerald*

If you struggle with obsessive compulsive disorder (OCD), it may provide some comfort to know you are not alone. One in 50 adults in the United States are reported to have OCD. Imagine if you could connect with others like you, across the globe, anytime. Now you can.

OCDTribe is a *free* online support community, with thousands of members, designed specifically to connect individual with OCD from around the world. Members receive 24/7 access to the latest in social networking features such as blogs, forums, messaging, profile pages, groups, games and more. OCDTribe offers members a place to share stories, encouragement and friendship.

In addition, OCDTribe offers custom group features. If you run a local support chapter, you can post your events as well as information about your group. Create an online extension of your local chapter with your own private forum and chat, allowing your members to stay connected between sessions. You can even find new members in your area to join your group.

Members have been overwhelmingly positive about the impact OCDTribe has had on their lives. "OCDTribe has been a real gem in my therapy; it provides a huge amount of advice and support, and brings lots of like-minded people together. A lot of sufferers have never known anyone who truly understands them, but this site has changed that. In addition to the support it provides, it's a good way to make good friends, very good friends. OCDTribe is such an important website for OCD sufferers, it's hard to imagine life without it now."

*Billdoor79, UK*

"I've never experienced much empathy for my illness. That's why I have come to depend on the OCDTribe so much. I have made so many friends, and met so many others who have experienced the same things I have. It's nice to have a place to go and talk about the weirdness of OCD without judgment or recrimination. I really am a fan of this site!" *Ligirl, TN*

OCD can be life consuming. Many don't know there are millions of people that struggle with OCD. While medication and therapy are critical for managing OCD, many find sharing stories and encouragement with others that face OCD can make daily challenges easier. Read more about what members have to say at: [www.webtribes.com/testimonials.html](http://www.webtribes.com/testimonials.html).