



# Press Release

Wednesday 27 January 2016

## **The Chrissy B Show supports OCD Week of Action 15 - 19 February, 2016**

Far from being a joke - or a quirky character trait - obsessive compulsive disorder (OCD) is listed by the World Health Organisation as one of the top 10 debilitating conditions. With this in mind, the Chrissy B Show on My Channel Sky 203 will preview the charity, OCD Action's upcoming week of action at 10pm on 8 February.

Presenter Chrissy B will be welcoming Olivia Bamber, the media and communications officer for OCD Action, psychologist Dr Audrey Tang and 18-year-old OCD sufferer Cerys Pumphrey from Bournemouth, to talk about the action week, the disorder and treatment for it.

In conversation with both Cerys and Olivia, Chrissy will be finding out what it's like to have your lifestyle severely restricted by a series of self-imposed conditions and fears. Chrissy said: "I am particularly keen to find out about my guests' personal experiences with OCD, how it affected their lives and how family members and teachers reacted."

The experiences of another young sufferer, Laura McIlveen, will then be shown on video, further illustrating just how distressing the condition is and why it is unacceptable to excuse quirky behaviour with the comment: "I'm a wee bit OCD". In reality OCD is never quirky and is a serious mental health condition.

Dr Audrey Tang will then be answering Chrissy's questions, clarifying how many variations of OCD there are, explaining the most common symptoms and wrapping up with advice to viewers who think they may have OCD.

Finally Chrissy will give her own tips for combatting compulsive behaviour.

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*Notes to editors:*

**OCD Action** is the national charity supporting those who are affected by OCD and aims to raise awareness and understanding of this distressing and life-restricting condition among the general public and healthcare professionals.

**Chrissy Boodram** is host of the UK's only TV chat show dedicated to promoting good mental health and wellbeing. The show is designed to help both men and women improve and maintain their mental wellbeing as well as taking a look at some of the major health issues of our time.

Chrissy Boodram holds a degree in Business Studies from the University of Westminster. She has been a TV presenter for over eight years and has hosted her own TV show on My Channel Sky 203 since June 2012. Her previous work experience includes public relations, HR, web and graphic design and community outreach. She loves to learn and develop and believes everyone can continue to learn, grow and improve irrespective of age and their circumstances.

**For further information please contact [contact@chrissybshow.tv](mailto:contact@chrissybshow.tv) or call 020 7686 6033.**

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