

## Patient Recommended OCD Instagram Sites

The clinician is not always the teacher. In fact, at Hope419, we learn just as much from our patient as they learn from us. While all life experiences are unique, a person can not truly appreciate or understand the human condition unless they have walked a while in similar shoes. We know that sometimes it can be more helpful to hear from the people out there living with the same illness than it is to hear from your clinician.

The following Instagram social media pages were graciously recommended by one of our resilient Hope419 patients.

<https://instagram.com/ocdgamechangers?igshid=1qpbf24yecqjj>

<https://instagram.com/ocdbaltimore?igshid=879z7o1deioj>

<https://instagram.com/kimberleyquinlan?igshid=15idb23mu5i5z>

<https://instagram.com/portlandocdandanxietycenter?igshid=128fp9mnd214l>

<https://instagram.com/pureochrissie?igshid=12kvv4xd27vig>

<https://instagram.com/obsessivelyeverafter?igshid=1qmh6l79grc4r>

<https://instagram.com/ocdrecoveryuk?igshid=1scbygkj0lott>

<https://instagram.com/ocdnashville?igshid=d93olf5eiwbs>