

# Why I Walk

Because it takes, on average,  
**14 to 17 years** between onset  
of OCD symptoms and **access**  
**to effective treatment.**



International  
OCD  
Foundation

**1 Million Steps  
4 OCD Walk**



June 2–10, 2018  
[iocdf.org/walk](http://iocdf.org/walk)

**#OCDwalk**