

LET'S GET CURIOUS ABOUT A Level Psychology

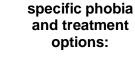
THE ARTICLES to read...



Read all about OCD and the impact on a patient's life:



https://www.mind.org.uk/infor mation-support/types-ofmental-healthproblems/obsessivecompulsive-disorderocd/about-ocd/



and treatment options:

Read about a

https://psychcentral.com/a nxiety/trypophobia#signs



depression: https://www.psychologytod ay.com/gb/blog/theminute-

Read about a

cognitive

treatment of



therapist/202206/the-abcsemotions

THE VIDEOS to watch...





Watch this clip to learn more about how OCD can affect people:

https://www.ocduk.org/ocd/int roduction-to-ocd/





Watch this clip to learn more about new ways to treat phobias:

https://www.youtube.com/wat ch?v=r7tY07QY66A





Watch this clip to learn more about how social media may affect mental health:

https://www.youtube.com/wat ch?v=Czg_9C7gw0o

THE ACCOUNTS to follow...



@PsychToday



@ResearchDigest



@psychmag



@psychologypedia

Engaging in the above activities will prepare you for our first week of activities and discussions. Get curious and see you in September!