Problem Statement:

Many OCD apps exist, but none of them are made to help people who are in remission and need help staying on the path to a healthier mind.

Details:

This app would be designed for all people with OCD but specifically people in remission. It could be used anywhere at any time because you never know when a compulsion will happen. This app would be fully personalized to each user because not everyone has the same tools to use when a compulsion happens. It could play voice memos from you, your therapist, or someone you love that you put in to remind you what to do. It can show you images or you can have it open a link to your favorite youtube video that calms you down, etc. It would even have an emergency button to call your therapist or your person of choice if your compulsion gets really bad. I found this problem because I have OCD and am in remission. You can never fully get rid of OCD so you will always have compulsions and I find them annoying and anxiety inducing. I wish there was an app that at the push of a button, would show me personalized things that help me get my mind off of the compulsion or help me remember my tactics to getting rid of compulsions or even call my mom to help calm me down if the compulsion got bad enough.