

I have
trichotillomania...

a compulsive urge to
pull out my own hair

It is:

- a diagnosable, Body-Focused Repetitive Behaviour (BFRB) condition
- believed by some healthcare specialists to be on the OCD spectrum

It is NOT:

- a bad habit
- self-harm

Visits to the hair salon can be difficult for me - thank you for treating me and my hair with kindness.