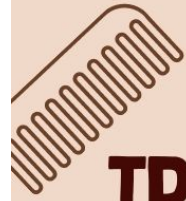


PAPERFLOWER PSYCHIATRY
PRESENTS



FACTS ABOUT TRICHOTILLOMANIA

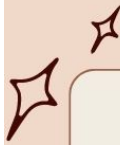


YOU CAN'T JUST "STOP"

For people with trich, there is an overwhelming anxiety that cannot be relieved unless the hair pulling takes place. It can feel like an all consuming tension, followed by significant relief after pulling.

LOCATIONS OF PULLING VARY

Different people pull from different areas – some people pull from the scalp (typically one area at a time), lashes, eyebrows, armpits, or pubic hair.



FOCUSED V. AUTOMATIC

Hair pulling can focus on pulling out a coarse, long, short or textured hair, or it can be automatic.. meaning the pulling is going on when the person is not fully aware.

ANXIETY? OCD? ADDICTION?

Trich has been noted to be related to obsessive compulsive disorder, anxiety disorders and also questioned as a potential addictive behavior. There are thoughts it may also be genetic.



DEMOGRAPHICS

Up to 2% of our population has trich — the majority of them women. It often starts around age 11, but can start as early as toddlerhood. There are some links to those experiencing high stress or trauma developing trich.



THERE IS HELP AVAILABLE

There are options for help — various types of therapy, hypnosis, and even medications and supplements that can help reduce urges to pull. Low key... NAC.

