

# Are you or a loved one struggling with hoarding?

## Hoarding Resource List

Hoarding is characterized as the persistent difficulty discarding or parting with possessions, regardless of their actual value. Often there are negative emotional, physical, social, financial impacts for the person and loved ones.

### Support and Counseling Options

**Anxiety and Panic Treatment Center:** (971) 645-0033

Weekly OCD group, including hoarding

**Buried in Treasures Workshop:** (503) 352-2400

21 week treatment group for \$100

**Clutterers Anonymous:** (866) 402-6685 or clutterersanonymous.org

Free groups open for people wishing to share their experience with clutter.

**Lutheran Community Services Northwest:** (503) 731-9589 or

Multicultural Counseling Services –mental health and addiction services for adults and children

**NW Anxiety Institute:** (503) 542-7635

Individual and peer support groups

**OHSU OCD Group:** (503) 494-6176

OHSU Auditorium, Marquam Hill # 217

1st and 3rd Thursdays, 7-8:30pm, drop-in (free)

**Pacific University - Psychology Clinic:** (503) 352-2400

Low-cost options for individual and group therapy

**William Temple House:** (503) 226-3021

Offering sliding scale one-on-one counseling. \$5-\$30 with no one turned away for inability to pay.

### Cleanup Help

**Critical Care BioRecovery:** (503) 698-4415

**National Association of Professional Organizers:** [napooregon.com](http://napooregon.com)

**Pegasus Social Services:** (503) 252-8499

**ServiceMaster of Portland:** (503) 483-4036

**Supportive Services:** (503) 388-0313 or (503)422-1000

**Helping Hands, Darin Johnson:** (503)756-3167



## Legal Assistance

**Legal Aid:** (503) 224-4086

Provides access to free legal help for housing cases including eviction defense, repair issues, discrimination, and help with government housing programs.

**The Fair Housing Council:** (503) 223-8197

Statewide civil rights organization whose mission is to eliminate housing discrimination through access to enforcement and education.

## Books and Websites

**Anxiety and Depression Association of America** [www.adaa.org](http://www.adaa.org)

**Buried in Treasures: Help for Compulsive Acquiring, Saving and Hoarding** by David Tolin and Randy O. Frost

**Digging Out: Helping Your Loved Ones Manage Clutter, Hoarding, & Compulsive Acquiring** by Michael A. Tompkins and Tamara L. Harti

**International Obsessive Compulsive Disorder Foundation** [hoarding.iocdf.org](http://hoarding.iocdf.org)

**Stuff: Compulsive Hoarding and the Meaning of Things** by Gail Steketee and Randy Frost

**The Hoarding Handbook: A Guide for Human Service Professionals** by Christiana Bratiotis

## Other Resources

**Adult Protective Services:** (503) 988-4450

Investigates allegations of abuse, self-neglect, and financial exploitation for seniors and disabled adults.

**Aging and Disability Resource Connection of Oregon (ADRC):** 1(800)ORE-ADRC (673-2372)

Provides information about services to address aging or disability needs.

**Animal Control:** (503) 988-7837

Performs animal abuse and neglect investigations, and responds to situations where an animal is in imminent danger or there is a loose aggressive dog.

**Institute for Challenging Disorganization** [www.challengingdisorganization.org](http://www.challengingdisorganization.org)

Providing education, research and strategies to benefit people challenged by chronic disorganization.

**Mental Health Call Center:** (503) 988-4888 or toll free 1(800) 716-9769

24-hour Call line providing crisis counseling (translation services available). 24/7 mobile crisis outreach for in-person assessment, referral to low-cost or sliding-scale agencies, help finding mental health providers.

The listed resources have not been verified and are subject to change. If you would like to be included or removed from this list please contact us at [hoarding.task.force@multco.us](mailto:hoarding.task.force@multco.us). Last updated 1/16