

# 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

**Buried in Treasures Workshop:** (503) 352-2400  
21 week treatment group for \$100

**Clutterers Anonymous:** (503) 674-8893 or <http://pdxclaeast.wixsite.com/cla-pdx-metro>  
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

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

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

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

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

**Helping Hands for Good:** (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 Bratotiis

## 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.

**This list is for informational purposes only and is not meant to be a recommendation of agencies or resources.**

For information about this resource list please contact [hoarding@multco.us](mailto:hoarding@multco.us)