

Are you or a loved one struggling with hoarding?

Hoarding Resource List

Support and Counseling Options

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

Weekly OCD group, including hoarding

Buried in Treasures Workshop: (503) 352-2400

Weekly support 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.

Clean Up Help

Critical Care BioRecovery: (503) 698-4415

National Association of Professional Organizers: napooregon.com

Pegasus Social Services: (503) 252-8499

ServiceMaster of Portland: (503) 483-4036

Supportive Services: (503) 305-4923

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

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

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

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.

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.