

# 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](http://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](http://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.