RESOURCES AND FURTHER INFORMATION

Hoarding involves extreme attachment to personal possessions and, consequently, great difficulty letting go of objects other people would easily discard, donate, or recycle. After awhile, possessions start to build up so that important parts of the home cannot be used for routine activities such as preparing food or socializing. Many people who have problems with hoarding also experience depression.

The following information is provided in case you would like to learn more about hoarding or depression for yourself or a loved one.

*Please note that the following are resources and services that may have been used by others. Inclusion of the following resources does not indicate endorsement of them.

**Books about Hoarding**

**Stuff: Compulsive Hoarding and the Meaning of Things**
by Gail Steketee and Randy O. Frost
This book, published in 2011, is a very readable description of the phenomenon of hoarding and the attraction we all have to our possessions. The authors are well-known researchers on the topic of hoarding.

**Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding**
by David Tolin, Randy O. Frost, and Gail Steketee
Now in its 2nd edition, this popular book provides a step-by-step self-help guide to identifying problems associated with saving so much stuff, setting goals to improve your quality of life at home, and making behavioural changes to achieve those goals. Often used in structured support groups, this book can also be used in a self-directed way or in conjunction with counseling.

**Digging Out: Helping Your Loved One Manage Clutter, Hoarding, and Compulsive Acquiring**
by Michael A. Tompkins and Tamara L. Hartl
Published in 2009, this book is directed toward friends or family members of people who have problems with hoarding yet do not fully accept the magnitude of these problems. The book presents a guide to helping your loved one from a harm reduction perspective while preserving or salvaging your relationship with that person.

**Books about Depression**

**Mind Over Mood: Change How You Feel by Changing the Way You Think**
by Dennis Greenberger and Christine A. Padesky
The 2nd edition of this book was published in 2015, adding new research on depression that has been conducted in the 20 years since the book initially appeared. The book presents concrete, manageable steps to overcoming depression and the anxiety that often accompanies it.

**Feeling Good: The New Mood Therapy**
by David D. Burns
The 2008 updated edition of this popular book provides guidance on how to handle negative feelings associated with depression as well as procrastination, pessimism, and low self-esteem. The book also has information on options available for depression treatment, including a consumer’s guide to antidepressant medications.
Websites

Clutterers Anonymous
clutterersanonymous.org

International Obsessive-Compulsive Disorder Foundation Hoarding Centre
hoarding.iocdf.org

Mood Disorders Association of British Columbia
www.mdabc.net

UBC Centre for Collaborative Research on Hoarding
hoarding.psych.ubc.ca

Local Intervention Options

Changeways Clinic
#718 – 2525 Willow Street, Vancouver
604.871.0490 / clientservices@changeways.com / https://www.changeways.com
Evidence-based psychotherapy in English and Mandarin.

Mood Disorders Association of British Columbia
#480 – 789 West Pender, Vancouver
604.873.0103 (select option 2) / info@mdabc.net / http://www.mdabc.net

Counseling and Wellness Centre
Individual, couples, and family counseling as well as holistic wellness workshops.

Mood Disorders Peer Support Groups
The Mood Disorders Association of British Columbia hosts more than 40 peer support groups across the province. For more information, visit the Support and Action Groups section of the MDABC website at www.mdabc.net/peer-support-action-groups.

North Shore Stress and Anxiety Clinic
#330 – 145 Chadwick Court, North Vancouver
604.985.3939 / http://www.nssac.ca
Evidence-based cognitive-behaviour therapy and other evidence-based treatment approaches for stress, anxiety, clinical depression, and other problems. This provider also offers assessment services.

Vancouver CBT Centre
Suite 302 – 1765 West 8th Ave., Vancouver
604-738-7337 / info@vancouvercbt.ca / https://www.vancouvercbt.ca
Evidence-based cognitive-behaviour therapy and mindfulness-based cognitive therapy specializing in anxiety disorders, clinical depression, and eating disorders.
*The waitlist for this provider can range from weeks to months. Please contact the provider for more information.

505-JUNK
1-855-505-5865 / info@505junk.com / https://505junk.com
This organization is a locally owned removal and recycling company, serving many locations in the Lower Mainland. Pick-ups are charged by weight, rather than by time or volume. This company also attempts to recycle picked-up items whenever possible.
RESOURCES AND FURTHER INFORMATION

We would like to provide you with resources in case you or anyone you know experiences emotional distress or thoughts of suicide.

**Vancouver Coastal Health**

**Vancouver Access and Assessment Centre (AAC)**
604-875-8289  

Offers short term treatment on-site, by telephone, and by mobile response. They are available 24 hours per day, 7 days per week, for people experiencing a non-life threatening Mental Health and/or Substance Use issue.

**Kelty's Key: Online Therapy**

Offers individual short-term online therapy for people experiencing non-life threatening mental health problems. After an orientation by telephone, online therapists and clients will connect weekly over encrypted email.

**Older Adult Mental Health & Substance Use**
604-709-6785  

Offers services for older adults struggling with substance use and mental health issues. Phone lines are open Monday to Friday from 8:30am-4:30pm.

**BC211**

2-1-1 (information and referral line)  /  [http://www.bc211.ca](http://www.bc211.ca)

Offers free information and referral regarding mental health, community, government, and social services in BC. The easy-to-use search engine will help find resources based on your needs that are close to your area.

**BC Crisis Centre**

604-872-3311 / 1-800-SUICIDE (784-2433)  /  [http://www.crisiscentre.bc.ca/](http://www.crisiscentre.bc.ca/)

Provides confidential, non-judgmental, free emotional support either over the phone or online chat. They are available 24 hours a day, 7 days a week, for people experiencing feelings of distress or despair, including suicidal thoughts.

**VictimLinkBC**

1-800-563-0808  
[http://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc](http://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc)

VictimLinkBC is a toll-free, confidential, multilingual telephone service available across B.C. and the Yukon 24 hours a day, 7 days a week. It provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence, including victims of human trafficking exploited for labour or sexual services.
RESOURCES AND FURTHER INFORMATION

COPING ACTIVITY

| If I’m feeling distressed or upset, I could contact these individuals for support: |
| --- | --- |
| 1. _________________________________ | 3. _________________________________ |
| 2. _________________________________ | 4. _________________________________ |

| If I’m feeling distressed or upset, these healthy activities might help me feel better and stay safe: |
| --- | --- |
| 1. _________________________________ | 3. _________________________________ |
| 2. _________________________________ | 4. _________________________________ |

For urgent mental health concerns, for you or someone else, call 9-1-1