RESOURCES

Hoarding involves attachment to personal possessions and persistent difficulty letting go of objects that other people may easily discard, donate, or recycle. After a while, possessions start to build up and important parts of the home cannot be used for everyday activities such as preparing food in the kitchen or sleeping in the bedroom. Many people in North America (about 1 in 40 people) experience similar struggles with problematic clutter and difficulty discarding in the home.

We provide the following information below in case you would like to learn more about hoarding or mental health 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.

Learn more about hoarding

What is hoarding and how to help

In association with Hume Community Housing in Australia, a lived-experience group called The Collectives was created to help others who hoard, reduce the stigma around hoarding, raise community awareness, and provide advice to service providers on how to best assist and support somebody with hoarding.

The Collectives created informational pamphlets to address what problem hoarding is through the eyes of personal experience, and provide practical ways to help somebody with problematic hoarding.

You can find the pamphlets in the links below:

[What is Hoarding and Squalor?](#)

[How to Help](#)

Stuff: Compulsive Hoarding and the Meaning of Things (Book)

by Gail Steketee and Randy O. Frost (2011)

This book 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.

This book is available at the [Vancouver Public Library](#).
**Hoarding: What Everyone Needs to Know (Book)**

by Gail Steketee and Christiana Bratiotis (2020)

This book aims to demystify the complex problem of hoarding disorder. Drs. Steketee and Bratiotis discuss all aspects of hoarding including potential causes, identification, and effective treatments from a variety of perspectives. Many interesting theories related to possible causes of hoarding are described, some examples that include emotional attachment to objects, and feelings of safety and security.

This book is available from [Oxford University Press](https://www.oup.com/), [Amazon.ca](https://www.amazon.ca), and other places.

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**Self-help for hoarding**

**Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding (Book)**

by David Tolin, Randy O. Frost, and Gail Steketee (2013)

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.

This book is available at the [Vancouver Public Library](https://www.vpl.ca).  

**Clutterers Anonymous (Website)**

[www.clutterersanonymous.org](http://www.clutterersanonymous.org)

Clutterers Anonymous is a fellowship, which aims to support, share experiences, and provide guidance to others who experience problems with household clutter. This group presents a 12 Step framework, which aims to help reduce cluttering behaviour. Meetings with like-minded people are held over the phone, Skype, or in-person.

**International Obsessive-Compulsive Disorder Foundation Hoarding Centre (Website)**

[www.hoarding.iocdf.org](http://www.hoarding.iocdf.org)


IOCDF is an international organization focused on helping those affected by OCD and other related disorders (such as hoarding). Resources are available for those struggling with hoarding, as well as family and friends looking to help loved ones.
IODF provides a list of international support groups for OCD and anxiety-related disorders, including hoarding disorder. Various treatment or support groups are offered for those with lived experience, as well as family and friends of loved ones with hoarding. Many groups are now being held online and accept international participants.

**RecycleBC (Phone app)**

www.recyclebc.ca/app/

Take the guesswork out of recycling and find out what kinds of materials can be recycled in your community. This app also allows you to check city pick-up schedules, set reminders, and shows where the nearest recycling depots to you are located.

**505-JUNK (Service provider)**

1-855-505-5865 / info@505junk.com/ www.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.

### Help for loved ones with hoarding

**Digging Out: Helping Your Loved One Manage Clutter, Hoarding, and Compulsive Acquiring (Book)**

by Michael A. Tompkins and Tamara L. Hartl (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. It presents a guide to helping your loved one from a harm reduction perspective while preserving or salvaging your relationship with that person.

This book is available at [Chapters Indigo](https://chapters.indigo.ca), [Amazon.ca](https://www.amazon.ca), and other places.

**Wellington Guelph Hoarding Response (Website)**

Based in Ontario, Canada, the Wellington Guelph Hoarding Response is a group of organizations committed to providing support and resources for hoarding. Support and resources are available for both individuals who have hoarding, and friends and family members of loved ones affected by hoarding. Click this link to learn more about this group: [https://wghoardingresponse.ca](https://wghoardingresponse.ca)
Using the harm reduction approach, the Wellington Guelph Hoarding Response provides a list of 10 steps to improve health, safety, and comfort in the home. Click this link to view their resources page, including the 10 Steps Checklist: https://wghoardingresponse.ca/resources-support/

Resources for professionals

by Christiana Bratiotis, Cristina Sorrentino Schmalisch, and Gail Steketee (2011)

This book is a valuable resource for community workers and professionals responding to hoarding situations. This comprehensive guide provides tools to assess the problem, coordinate and delegate tasks among teams, and to work directly with reluctant individuals and those affected by hoarding.

This book is available at [Chapters Indigo, Amazon.ca](https://www.amazon.ca), and other places.

**Clinician’s Guide to Severe Hoarding: A Harm Reduction Approach (Book)**
by Michael A. Tompkins (2014)

This book describes an alternative intervention for individuals who are not open to accepting help for their problem. Arguing that although treatment for hoarding can be effective for those who are open to help, people with severe hoarding are not. This book describes an alternative strategy to help those who adamantly refuse help and yet face significant health and safety risks due to the hoarding problem – harm reduction. This client-centred approach takes readers through harm reduction plan development, team building, goal setting, client collaboration, and progress assessment.

This book is available at [Chapters Indigo, Amazon.ca](https://www.amazon.ca), and other places.

Mental health resources

**General**

**BC211**

2-1-1 (phone 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.

**UBC Psychology Clinic Resources**

[www.clinic.psych.ubc.ca/Resources](http://www.clinic.psych.ubc.ca/Resources)

The UBC Psychology clinic provides a comprehensive list of full cost, low cost, and online providers all over the Lower Mainland offering counselling services.

**Service Providers**

**Changeways Clinic**

#718 – 2525 Willow Street, Vancouver, BC  
604.871.0490 / clientservices@changeways.com / [https://www.changeways.com](https://www.changeways.com)

Evidence-based psychological services for a wide variety of life concerns, including depression, anxiety, panic, obsessive compulsive disorder, eating disorders, parenting, sexuality and gender issues, and difficulties associated with major life changes.

**Mood Disorders Association of British Columbia (MDABC)**

#480 – 789 West Pender, Vancouver  
873.0103 / info@mdabc.net / [http://www.mdabc.net](http://www.mdabc.net)
MDABC is a non-profit organization that provides treatment, support, education and hope of recovery for people living with a mood disorder.

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

**MDABC Mood Disorders Peer Support Groups**
MDABC 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](http://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](http://www.nssac.ca)

The North Shore Stress and Anxiety Clinic provides evidence-based cognitive-behavioural 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, Vancouver
604-738-7337 / info@vancouvercbt.ca / [https://www.vancouvercbt.ca](https://www.vancouvercbt.ca)

The Vancouver CBT Centre provides evidence-based cognitive-behavioural 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.*

**Vancouver Coastal Health (VCH)**

**VCH Vancouver Access and Assessment Centre (AAC)**

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.
VCH Older Adult Mental Health & Substance Use

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.

VCH 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.

Self-help Resources for Depression

**Mind Over Mood: Change How You Feel by Changing the Way You Think**
by Dennis Greenberger and Christine A. Padesky (2015)

*Mind Over Mood* presents concrete, manageable steps to overcoming depression and the anxiety that often accompanies it. This second edition adds new research on depression that has been conducted in the 20 years since the book initially appeared. This book is available at the [Vancouver Public Library](http://www.vch.ca/Pages/Kelty’s-Key--Online-Therapy.aspx?res_id=474).

**Feeling Good: The New Mood Therapy**
by David D. Burns (2008)

*Feeling Good* is a popular book providing 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. This book is available at the [Vancouver Public Library](http://www.vch.ca/Pages/Kelty’s-Key--Online-Therapy.aspx?res_id=474).