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Hoarding Disorder Resources

Mental Health America Presentation

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Referral Options:

- Virtual Hoarding Center: <https://hoarding.iocdf.org/>
- Support Groups: www.ChildrenOfHoarders.com
- Mental Health & Family Therapists: www.OCFoundation.org, www.ABCT.org, www.adaa.org
- Housing Related Resources: www.MassHousing.com/Hoarding
- Professional Organizers for Chronic Disorganization: www.ChallengingDisorganization.org
- Information and Referral: <https://hoarding.iocdf.org/how-to-use-the-resource-directory/>, (e-mail) hoarding@bu.edu
- Hauling and Cleaning Services: 1-800-Got-JUNK

Books:

- [Hoarding: What Everyone Needs to Know](#) (Steketee & Bratitotis, 2020)
- [Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding](#) (Tolin, Frost, & Steketee, 2013)
- [Digging Out: Helping Your Loved One Manage Clutter, Hoarding, and Compulsive Acquiring](#) (Tompkins, 2009)
- [Stuff: Compulsive Hoarding and the Meaning of Things](#) (Steketee & Frost, 2011)
- [The Hoarding Handbook: A Guide for Human Service Professionals](#) (Bratitotis, Schmalisch, & Steketee, 2011)
- [Children of Hoarders: How to Minimize Conflict, Reduce the Clutter, and Improve Your Relationship](#) (Neziroglu & Donnelly, 2013)

General Information:

- [Hoarding Fact Sheet](#)
- [Health & Safety Issues](#)
- [Readiness to Change Questionnaire](#)
- [How to Talk to Someone with Hoarding: Do's and Don'ts](#)
- [Hoarding Intervention Essentials](#)
- [Hoarding Best Practices Guide](#)
- [Massachusetts Hoarding Resource Directory](#)