



Hoarding

Explains hoarding, including possible causes and how you can access treatment and support. Includes tips for helping yourself, and guidance for friends and family.

If you require this information in Word document format for compatibility with screen readers, please email: publications@mind.org.uk

Contents

What is hoarding?	2
What are the symptoms of hoarding?	4
What causes hoarding?	6
How can I help myself?	8
What treatments can help?	11
How can other people help?	13
Useful contacts	15

What is hoarding?

Hoarding is acquiring or saving lots of things regardless of their value.

If you hoard, you might:

- have very strong positive feelings whenever you get more items
- feel very upset or anxious at the thought of throwing or giving things away
- find it very hard to decide what to keep or get rid of.

"I'm terrified of having visitors to my home, as I'm secretive of our hoarding situation and my worst OCD triggers are here too."

Many people have some belongings they consider special and it's common to save some things because they could come in useful in the future. Hoarding is when your need to keep things causes you distress or interferes with your day to day life. If you think you might be hoarding, our sections on [self-care](#) and [treatments](#) have some suggestions for you to consider.

People might disagree on what is hoarding and whether it's causing problems for you. Someone else (such as a friend, family member or healthcare professional) might say you are hoarding when you don't think you are.

Beliefs about needing to keep things

If you hoard, you might have very strong beliefs about keeping or saving things. For example, you might believe that:

- you need to keep things for the future
- you won't cope with how you feel if you throw things away
- throwing things away will harm other people or the environment
- you have to keep things because you mustn't waste them
- you should arrange or dispose of things perfectly or not at all
- your belongings are making you happy or keeping you safe
- your belongings are all unique and special, even if they are very similar
- you simply need more storage space, or more time to sort things out.

Lots of people share some of these beliefs to an extent, but don't feel them as strongly or as part of hoarding.

Is hoarding a mental health problem?

It is increasingly being recognised that hoarding can be a condition by itself, as well as sometimes being a symptom of other mental health problems. People used to think hoarding was a form of [obsessive-compulsive disorder \(OCD\)](#), but research suggests they are not the same.

For these reasons hoarding disorder has been listed as a distinct mental health problem in the DSM-5 and ICD-11 (manuals that doctors use to categorise and diagnose mental health problems).

You might hoard by itself or [as part of another mental health problem](#).

“My mum sleeps on a small patch of her sofa. I don't know the last time she slept in a bed, but it has been several years.”

[Read Kate's story](#) about her journey with hoarding: what triggers it, how she got support and how it led to her setting up a support group.

Want to add your story? [Find out more about blogging for us](#).

Hoarding due to other types of conditions

Hoarding can also be caused by some other conditions (for example dementia or brain injury) which are generally diagnosed and treated differently to mental health problems – in these situations, the information in these pages might not apply. For more about other types of conditions, see the [NHS website](#).

- **Whatever way you experience hoarding**, it's a good idea to see a doctor who can check you over and help you access the right kind of treatment and support.
- **It might help to look at the Clutter Image Rating**, which can help you consider and describe your situation. (Read more about the [Clutter Image Rating](#).)
- **If you want to help someone else with hoarding**, our page on [how other people can help](#) has some suggestions for you.

How might hoarding affect my life?

Hoarding could affect you in lots of different ways. For example, you might:

- struggle to find things you need, or [keep on top of bills and letters](#)
- buy the same items more than once because you can't find them
- avoid letting people into your home or have difficulty answering the door – meaning you don't have visitors or don't get repairs done, which could lead to [housing problems](#)
- find it hard to look after your physical health – for example if you can't access your bathroom or washing machine
- find it hard to [cook and eat healthy food](#) – which might be because you can't access your kitchen or there's no space inside your fridge
- be unable to use parts of your home for their intended purpose – for example being unable to sleep in your bed or walk along hallways because they're very cluttered
- be unable to safely leave your home quickly in an emergency

- distance yourself from other people, because you don't want them to know about your situation or because they say or do things that don't feel helpful for you
- feel ashamed or [lonely](#), which could make you feel very isolated or affect your [self-esteem](#).

See our information on [money and mental health](#), [housing and mental health](#), [food and mood](#), [coping with loneliness](#) and [improving your self-esteem](#) for more on these topics.

“Christmas and other holidays fill me with fear as the few family who know my situation keep pushing for an in-law to visit us regardless. I feel violated and trapped.”

You might find that other people focus a lot on the effects hoarding can have on your home or other physical spaces, and that they don't really understand how you feel or why acquiring and saving things feels important for you.

Experiences of facing stigma

Many people have heard of hoarding, but this doesn't mean that they understand it. Misconceptions about hoarding can sometimes come from the media, including TV shows – which often fail to show how varied people's experiences of hoarding can be or how they might feel.

Hoarding doesn't mean you just need help tidying up and it's unhelpful if people try to do this for you. It can be frustrating and upsetting if people don't understand this, but it's important to remember that you are not alone.

See our page on [stigma and misconceptions](#) for lots of ideas on how to deal with stigma.

“My bedroom became particularly bad with the floor covered in clothes... I could no longer open the wardrobe or drawers... random stuff [was] spilling into plastic bags on the floor. Eventually I needed a leak fixing and the landlady came round, and she gave me notice to leave.”

What are the symptoms of hoarding?

Hoarding can be different for everyone. You might recognise some of the signs and symptoms listed below, and you might also have other experiences or difficulties that aren't included here.

What are the symptoms of hoarding?

Hoarding disorder is a fairly new term. Doctors or healthcare professionals might also call this compulsive hoarding. You might be given a diagnosis of hoarding if you:

- find it really difficult to discard or part with possessions, regardless of their value
- feel distressed at the thought of discarding things, and that you need to save them
- are unable to use parts of your home because they are very cluttered
- are experiencing distress due to hoarding, or it's affecting other areas of your life
- aren't hoarding [because of another mental health problem](#), or [other health condition](#).

How is hoarding different from collecting?

Some people enjoy collecting and saving particular types of items they find valuable or special, for example vinyl records, stamps or sports merchandise. Items in collections tend to be chosen carefully and displayed in an ordered way, so you can easily enjoy them or show other people.

Hoarding often involves acquiring many more items in a less selective way. You might not use or look at very many of your things once you have them, as you might be more focused on acquiring more, and they might be mixed up with other types of items. But the main difference between collecting and hoarding is whether it causes distress or affects how you live your life.

"I kept lots of [clean] packaging as school kept asking for stuff for junk modelling, and I liked to do crafts with my daughter. Slowly things built up and my dining table was completely covered, so we could not actually do the craft stuff."

What kinds of items might someone hoard?

Everyone will have a different experience of hoarding and it's possible to hoard any type of item. But here are some examples of things people commonly hoard.

You might buy or save lots of:

- clothes or shoes
- drawings or photographs
- toys or childhood keepsakes
- books, newspapers, magazines or leaflets
- post (open or unopened), bills or other paperwork
- boxes, bags or other storage containers
- food, which can include rotten or out-of-date food.

It's particularly common to hoard items in your home, but you might use other spaces such as a car, garage or storage unit too. You might also hoard things that aren't objects, such as digitally or online, for example keeping lots of emails.

"I still have items at my parents which I have been finding it really hard to sort through, my garage is full, and a spare bedroom is unusable."

You might save things other people see as worthless or of limited value, or have important and unimportant things mixed up together. This might cause you distress, or it might be how you prefer to arrange your belongings.

Hoarding and animals

If you keep more pets than you can adequately look after and don't provide basic care for them – including food, shelter, toilet facilities and vet care – this is sometimes viewed as a type of hoarding behaviour. However, researchers don't know if this is best understood as a form of hoarding disorder, or as another separate condition.

You might believe very strongly that you are saving animals or fulfilling a duty to look after them, and disagree with people who say they aren't well cared for. This can sometimes be a type of [delusion](#) (a false belief others don't share).

What causes hoarding?

No one knows exactly what causes hoarding. There are lots of theories and different people will have different explanations for their own experiences. It's likely to be a combination of things.

“After a divorce and house move, as a single mum working full-time suffering from depression on and off for years I didn't have the energy to face throwing things away, especially baby clothes and toys, and my small flat became increasingly full.”

Difficult feelings

Hoarding can be to do with difficult experiences and painful feelings, which you may be finding it hard to express, face or resolve.

Some people say hoarding helps them cope with other mental health problems, or distracts them from feeling very anxious, upset or afraid.

Perfectionism and worrying

Lots of people who hoard feel very worried about making mistakes (also known as perfectionism), or find it hard to make decisions, plan ahead or work out how to do tasks. These could be possible reasons why some people are more vulnerable to having problems with hoarding.

For example, you might struggle to sort or group your things into types, or to decide what to keep or throw away. The idea of this might seem so difficult or upsetting that it feels easier not to try.

Childhood experiences

Some researchers believe hoarding can be linked to childhood experiences of losing or not having possessions, or not being cared for. This might include experiences like:

- money worries and living in poverty
- having your belongings taken or thrown away
- being deprived or neglected – for example if your basic needs weren't met, or you weren't treated warmly or supportively.

See our pages on [money and mental health](#) for more information on the relationship between money worries and mental health.

“It was like she built a wall of stuff to keep everyone out. Having experienced several traumatic events in her life: the loss of her baby (while her father was dying), a terrible divorce, her partner having a heart attack and finally the death of her mother. No-one could hurt her if she was protected by all of this stuff.”

Trauma and loss

You might be able to link the start of your hoarding to a stressful event or period in your life, such as:

- being abused or attacked
- breaking up with a partner
- becoming very unwell
- someone close to you dying
- feeling extremely lonely.

For some people, experiences like these can also lead to an increase in existing hoarding.

See our pages on [abuse](#), [bereavement](#) and [coping with loneliness](#) for more on these topics.

“I can pinpoint it to the death of her mother (my Nana) when she moved all of her belongings into her own home. This was almost 25 years ago.”

Family history or habits

It's common for people who hoard to have family members who share this, such as a parent or sibling. Some studies suggest this could be due to shared genes, or that your genes could make you more vulnerable to hoarding.

But family links are likely to be much more complex and shared environments could also be a factor. For example, you might have learned habits and behaviours from your parents or carers, including ways of arranging and managing your home and belongings.

If you live together with people who also hoard, this can result in you having more clutter in your home overall. It might be especially difficult to make changes because you disagree with each other on what to keep or throw away.

“Where did the tendency towards hoarding come from? Now that's the six million dollar question! My parents were full of stories of their parents and grandparents' deprivations, it was part of my world view growing up, and I know that chronic disorganisation multiplies the impact of every extra item I have.”

Other mental health problems

You might start hoarding due to another mental health problem, for example:

- [depression](#)
- [anxiety](#)

- [obsessive-compulsive disorder \(OCD\)](#)
- [bipolar disorder](#)
- [psychosis](#), including [schizophrenia](#)
- [obsessive compulsive personality disorder \(OCPD\)](#).

In these situations, hoarding is usually seen as a symptom and not your main diagnosis. You might also hoard alongside [addiction to recreational drugs or alcohol](#).

How can I help myself?

Living with hoarding problems can be difficult, but there are lots of things you can do to help yourself cope.

Talk to someone

It can be hard opening up about hoarding, but it might help to share how you're feeling. If you don't feel you can talk to people around you, you could try contacting a helpline.

For example:

- Talk to the [Samaritans](#) for free on 116123 (open 24/7) or jo@samaritans.org about anything that's upsetting you.
- Call [The Silver Line](#) on 0800 4 70 80 90 (open 24/7), if you're over 55.

See [useful contacts](#) for more suggestions.

"My turning point came after ten years of increasing amounts of stuff. In the last four years I have kept my snail's pace progress going by getting motivation from YouTube, listening to lectures on hoarding psychology [and] decluttering, and seeking help on self-help forums."

Try peer support

Making connections with people with similar or shared experiences can be really helpful. To find [peer support](#), you could:

- Contact [Mind's Infoline](#) or your [local Mind](#) to see what support there is in your area.
- Find a local support group through an organisation like [Help for Hoarders](#), [Hoarding Disorders UK](#) or [OCD Action](#) (because hoarding and OCD [used to be grouped together](#), some organisations support people with both).
- Join an online peer support community you can access any time – for example [Elefriends](#) and the [Help for Hoarders forum](#).
- Join a support group you can access from home at set times – for example from [Hoarding UK](#) and [OCD Action](#).

If you're seeking peer support on the internet, it's important to look after your online wellbeing.

See our pages on [how to stay safe online](#) for more information.

Keep a diary

You may find it helpful to keep a diary recording your moods and feelings, difficult or stressful events and times when you feel happy or relaxed, as well as keeping a note of your hoarding.

This could help you to spot patterns in what triggers your hoarding behaviours and spot early signs – so you could plan some other activities to do instead.

Some people find it also helps to write down questions to consider before acquiring or saving new things, like asking yourself if you're sure you need them and if you have space for them.

“Sometimes I'll just write on [an online] forum to vent how angry I am at myself.... Yes anger and depression are closely enmeshed in my clutter, and squalor. I can be furious at myself for being in such an awful mess, and can end up telling myself that I don't even deserve to have a decent home.”

Find new ways to relax

You could explore ways to relax and enjoy yourself that don't involve buying, acquiring or saving things, or to help distract you from wanting to. For example:

- **Learn ways to cope with stress.** Our pages on [relaxation](#) and coping with [sleep problems](#) suggest some exercises that might help you find a few moments of calm. See our information on [coping with stress](#) for some more ideas.
- **Spend time in nature.** Being outside in green space can help you relax and improve your wellbeing. See our pages on [nature and mental health](#) for more information.
- **Do activities you enjoy.** For example you could go for a walk, watch a TV programme or film, or visit a library or museum. Try to think of things that involve experiences rather than getting new items.

“Discarding is never a simple yes-no process, and most items will be pondered over through several sort-throughs, over a period of months and years.”

Look after yourself

Looking after your physical health can make a difference to how you feel emotionally. For example, it can help to:

- **Try to get enough sleep.** Sleep can help give you the energy to cope with difficult feelings and experiences. See our pages on [coping with sleep problems](#) for more information.
- **Think about your diet.** Eating regularly and keeping your blood sugar stable can make a difference to your mood and energy levels. See our page on [food and mood](#) for more information.
- **Try to do some physical activity.** Exercise can be really helpful for your mental wellbeing. See our pages on [physical activity](#) for more information.

See our pages on [improving and maintaining your mental wellbeing](#) and [how to increase your self-esteem](#) for more suggestions.

Safety in your home

Hoarding can sometimes make your home less safe for you, for example by increasing the risk of fire spreading or making it harder for you to leave quickly in an emergency.

You can ask your local fire service to do a safety check. Many fire services understand about hoarding. They might ask you to describe your situation using the [Clutter Image Rating](#).

The [Help for Hoarders website](#) includes [tips on hoarding and fire safety](#).

The [Age UK website](#) also has more information on [safety at home](#) (aimed particularly at older people).

Take small steps

It's common to feel anxious about getting help with hoarding or trying to change things. You might feel like you can't start because it's too hard, which can lead to safety behaviours (things that make you feel safe, but don't help in the long-term) like avoiding thinking or talking about it.

It can help to start with small steps. For example:

- **Set a timer** and try to tidy one area. Or you could limit the time in other ways, for example by listening to a set number of songs.
- **Make lists.** For example, some people say it helps to list the different types of items you have and what you're going to do with them.
- **Set simple goals**, like throwing away one thing per day.
- **Make things easier for yourself.** This might include putting rubbish bins in different areas of your home or using a litter-picking tool to pick things up without touching them.
- **Plan when you'll do basic tasks.** For example, it might help if you set aside specific times to wash and put away clothes.
- **Find ways to track your progress.** Some people say it helps to take photos, or write down what you've achieved.

"Yesterday I identified two items to dispose of, of which I am proud, though I am acutely aware that I have been pondering about being rid of them for the last two years."

Find support for connected issues

If you're experiencing other issues alongside hoarding, such as money worries or addiction to recreational drugs or alcohol, it could be helpful to explore the help out there for these too.

Our pages on [money and mental health](#), [addiction and dependency](#), and [mental health effects of drugs and alcohol](#) list organisations that can help.

About your housing rights

If you're worried about people [entering your home without your permission](#), or you're [facing eviction because of issues relating to hoarding](#), see our legal page on [your housing rights](#) for information on your rights.

Our legal pages on [discrimination when buying, renting or living in property](#) may also be helpful. If you are a tenant of the council or a housing association, your landlord must respect your privacy and your home under [article 8 of the Human Rights 1998 Act](#).

Some people experiencing difficulties with hoarding **may be entitled to a needs assessment by social services** and may be entitled to social care to provide care and support.

See our pages on [social care](#) in our [health and social care rights](#) guide for further information.

What treatments can help?

If hoarding is causing you distress, you might want to consider seeking treatment. A growing number of professionals are aware of hoarding, including the need to help you take things at your own pace and not pressure you to make changes faster than you want to.

Seeing your GP

The first step is usually to visit your GP. If they think you are hoarding they might refer you to a psychiatrist (or another mental health professional) for an assessment.

Our information on [seeking help for a mental health problem](#) can help you talk to your GP. Some people have also created tools to help you start a conversation about hoarding. These include:

Clutter Image Rating

Using the Clutter Image Rating tool involves looking at pictures and choosing which ones most closely match your situation.

You can download a copy from websites including [Hoarding Disorders UK](#) or [Help For Hoarders](#). You may also be able to find a free app by searching your app store for 'Clutter Image Rating'.

Hoarding ice breaker

Filling in a hoarding ice breaker form could help with talking to your GP.

You can download a copy from websites including [Hoarding Disorders UK](#) or [Rainbow Red](#). It can help you explain how hoarding is affecting you and also includes the Clutter Image Rating.

The [National Institute for Health and Care Excellence \(NICE\)](#) – the organisation that produces guidelines on best practice in health care – hasn't issued treatment guidelines for hoarding disorder. However, the guidelines for treating OCD also mention hoarding because they [used to be grouped together](#).

They say:

- You should be offered evidence-based treatments such as [cognitive behavioural therapy \(CBT\)](#).
- Healthcare professionals should consider offering you treatment in your home, which some people find helpful.
- If you can't attend appointments or have visitors, treatment over the phone should also be considered.

You can [read the guidelines for OCD on the NICE website](#).

Talking therapies

The main talking therapy used to treat hoarding is cognitive behavioural therapy (CBT), which focuses on how your thoughts, beliefs and attitudes affect your feelings and behaviour.

See our pages on [talking therapies](#) and [cognitive behavioural therapy \(CBT\)](#) for more information.

Evidence suggests that individual and group CBT can both be helpful, and that they are more likely to help if you follow a treatment programme designed for hoarding (rather than, for example, OCD). Hoarding-specific treatments are improving, as researchers are learning more about what can help.

Together with your therapist, you might:

- examine your beliefs about needing to keep things
- try to understand why it's hard for you to get rid of things
- learn skills to help you cope with difficult feelings.

Other types of talking therapy may also be helpful, but more research is needed to find out which ones.

Treatment in your home

Research suggests it can help if your therapist visits you at home, so they can understand more about your situation and help you work out how to make changes. Some people also seem to find it helpful to have treatment in a familiar environment.

Hoarding and treatment using virtual reality

Researchers are investigating whether virtual reality can be combined with cognitive therapy to help you practise doing things you find difficult, such as throwing things away. It's possible that this could be used to devise treatments for hoarding in the future.

"To be honest my recovery probably would not have started without [medication]. The anxiety and depression needed to be sorted out a bit before the house could even start to be sorted."

Medication

There aren't any specific medications for hoarding disorder, but some people find medication helps with other problems they are experiencing alongside hoarding. For example, you might be offered antidepressants.

See our pages on [antidepressants](#) for more information.

Medication really helps some people but isn't right for others. Before deciding to take any drug, it's important to make sure you have all the facts you need to make an informed choice.

See our pages on [things to consider before taking medication](#) and your [right to refuse medication](#) for more information. Our pages on [coming off medication](#) give guidance on how to come off medication safely.

How can other people help?

This section is for friends or family who wish to support someone who is hoarding.

You may feel very worried if you think someone you care about is hoarding. It may feel difficult to know how to talk to them about it, especially if they disagree with you about whether they are hoarding.

You might have already tried to offer support, but found that the person you're worried about is unwilling or unable to accept help. This can be really difficult, worrying or frustrating.

In fact there are lots of helpful things you can do. This section has some suggestions for ways you can support them while also looking after your own wellbeing.

- **Let them know you are there.** One of the most important things you can do is let the person you're worried about know that you care and can help them find support when they are ready.
- **Respect their decisions.** Most people have some attachment to things they own. You might not understand why your loved one keeps particular things, but try to remember that the items they hoard feel important to them (even if they don't

seem valuable to you). For example, try to avoid describing them as junk or rubbish.

- **Don't take over.** It's understandable to want to help them improve things. But if you try to take charge, they might shut you out and not accept any help at all. For example, don't touch or move things without their permission.

"I would like some help in working out how to store things to make more room, and in sorting out what to get rid of but past bad experiences put me off asking friends or family for help."

- **Be gentle – you can't force someone to change their behaviour.** Trying hard to persuade, trick or force someone into clearing up or throwing things away is unlikely to help them change in the long-term and could make them withdraw from you.
- **Think carefully about gifts,** as it may be unhelpful to introduce new items into their home. If you want to give them a gift, it could help to think of alternatives like going for a meal or day out. Try to be understanding if they get rid of something you've given them, even if this feels hurtful, as it might be part of them making progress.
- **Help them to seek treatment and support.** For example, you could encourage them to use the [Clutter Image Rating](#) or [hoarding ice breaker](#) tools to help them talk to their doctor. Our page on [supporting someone else to seek help](#) has more information, including what you can and can't do [if someone doesn't want help](#).
- **Don't pressure them to let you into their home.** They might feel really anxious about having visitors, so it's important not to take it personally if they don't want you to come in. If you'd like to spend time together, it might help to consider other places you could meet instead.

"I stopped asking people round as I was ashamed and it caused me a lot of guilt that I was not hosting family meals. My family wanted to "help" by turning up with bin bags but this caused more upset."

- **If you live together,** it might help to give them time alone to sort things out. Some people find it easier to do this without someone else there.
- **Try to be patient.** Once someone seeks help with hoarding, it can still take a long time before they are ready to make changes.
- **Help them celebrate successes,** such as clearing a small area. They might feel very anxious about what's left to do, so it could help if you encourage them to notice their achievements. You could also remind them to take things one step at a time.

"I feel that my mum is at risk in the event of a fire or if she has a medical emergency. The simple daily tasks that we all take for granted (getting in to bed, cooking a meal, going up the stairs) are all made more difficult (and dangerous) by the amount of stuff in her home, and her attachment to it."

- **Set limits for yourself.** It can be really difficult if you're supporting someone who doesn't feel they are hoarding, or doesn't want to seek help. It's important to consider what help you feel able to offer and set limits.

- **Try peer support.** Some people find it really helpful to connect with others who are also supporting someone with hoarding. To find peer support, you could contact [Mind's Infoline](#) or your [local Mind](#) to see what support there is in your area, explore our [useful contacts](#) or try online peer support, such as [Elefriends](#) and [OCD Action's support for family members](#).
- **Look after yourself.** Supporting someone else can sometimes be difficult and stressful. It's important to remember that your mental health is important too. You can find out more in our pages on [coping when supporting someone else](#), [managing stress](#) and [maintaining your wellbeing](#), and our [hoarding useful contacts](#) are there to support you too.

"I am not able to stay with her and care for her or keep her company in the way I wish I could and want to. She is isolated, at risk and lonely and all I can do is visit (but not sit down anywhere) and watch as she becomes more vulnerable. I wish, more than anything, that I could do more."

About forced clear-ups

If you're supporting someone who is hoarding, it's understandable to want to help them clear up and to believe you might be doing them a favour if you clean and tidy things for them. **But this is very unlikely to help in the long term and it could make things worse.**

Family members and carers sometimes believe they might be helping if they turn up without advance warning and without permission, or pay someone to tidy or declutter behind the person's back. However, **professionals who understand hoarding should never agree to make surprise visits**, and should know that it's unhelpful to tidy up against someone's wishes.

Useful contacts

Mind's services

- **Helplines** – all our helplines provide information and support by phone and email. Our Blue Light Infoline is just for emergency service staff, volunteers and their families.
 - Mind's Infoline – 0300 123 3393, info@mind
 - Mind's Legal Line – 0300 466 6463, legal@mind
 - Blue Light Infoline – 0300 303 5999, bluelightinfo@mind
- **Local Minds** – there are over 140 local Minds across England and Wales which provide services such as [talking treatments](#), [peer support](#), and [advocacy](#). [Find your local Mind here](#), and contact them directly to see how they can help.
- **Elefriends** is a supportive online community for anyone experiencing a mental health problem. See our [Elefriends page](#) for details.

Who else could help?

Age UK (England)

0800 678 1174 (8am–7pm, 365 days a year)

ageuk.org.uk

Information and support for older people, including advice on home safety.

Age Cymru (Wales)

0800 0223 444 (8am–7pm, 365 days a year)

ageuk.org.uk/cymru

Information and support for older people, including advice on home safety.

British Psychological Society (BPS)

bps.org.uk

Publishes information on mental health problems including hoarding.

Help for Hoarders

helpforhoarders.co.uk

Help for people experiencing hoarding and their families, including support groups and an online forum.

Hoarding Disorders UK

hoardingdisordersuk.org

Support for people affected by hoarding, including support groups.

Hoarding UK

hoardinguk.org

Support for people affected by hoarding, including support groups.

National Institute for Health and Care Excellence (NICE)

nice.org.uk

Produces clinical guidelines on recommended treatments for different conditions.

NHS Choices

nhs.uk

Provides information on a wide range of health and social care topics.

OCD Action

0845 390 6232

ocdaction.org.uk

Information and support for people experiencing hoarding and their families, including

support groups.

Rainbow Red

rainboured.co.uk

Provides an ice breaker form for people wanting to seek help with hoarding.

Samaritans

116 123 (freephone)

jo@samaritans.org

samaritans.org

Freepost RSRB-KKBY-CYJK

PO Box 90 90

Stirling FK8 2SA

24-hour emotional support for anyone struggling to cope.

The Silver Line

0800 4 70 80 90 (freephone)

thesilverline.org.uk

Provides support, information, advice and friendship to older people (over the age of 55) who may feel lonely or isolated. Available 24 hours a day, 7 days a week.

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References are available on request.