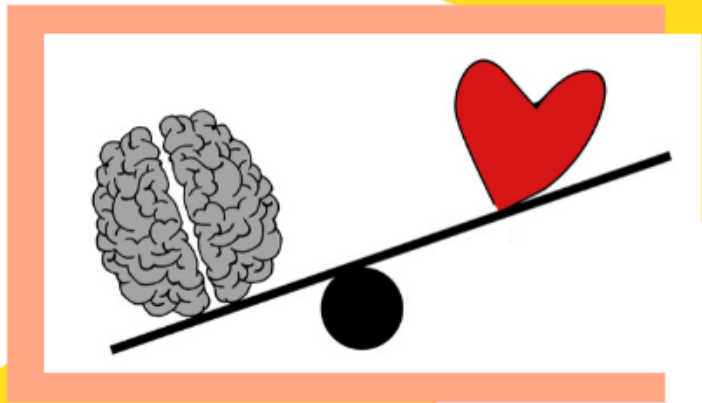


The heart and head connection

SUPPORT SERVICES FOR
PEOPLE WITH MENTAL
HEALTH CHALLENGES AND
HOARDING AND SQUALOR
DISORDERS



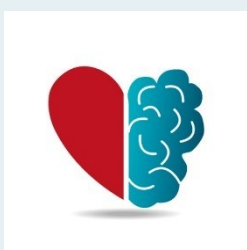
Inside Out Recovery Online Support Group

FREE Online Hoarding and Squalor Support Group

Inside Out Recovery provides in-home therapeutic support for people who live in a cluttered or squalid environment.

During this period of social isolation, face to face intervention is not possible so if you would like to participate in a group with others to understand your hoarding behaviours and learn skills and strategies to help you declutter, than I would like to give you the opportunity to join this group

To register your interest, please send an email to insideout.recovery@outlook.com



Inside Out Recovery

**Supporting people with a hoarding disorder to make
changes to live a life less cluttered**