



HOARDING DISORDER

What does it mean?

DOES THIS SOUND LIKE YOU?

AT HOME DO YOU HAVE?

- Clothes that you might wear one day
- Things that you might want to use for crafts
- Newspapers or junk mail
- Things waiting to be fixed
- Other people's unwanted items

DO YOU FIND YOURSELF DOING THE FOLLOWING?

- Arguing with family or friends about clutter
- Making excuses to avoid having visitors
- Keeping blinds down or curtains closed so that no one can see into your home
- Avoiding home repairs due to being embarrassed to let tradespeople into your home
- Loss of tenancy because of the clutter

WOULD LIVING WITHOUT THESE THINGS CAUSE?

- Feelings of grief or pain
- Stress or anxiety
- Loss of self-worth or life purpose

WHAT IS HOARDING DISORDER?

Hoarding Disorder (HD) is a diagnosable mental health illness that can be treated. It is important to know that help is available.

Hoarding Disorder often develops over a long period of time and affects people who may have experienced deep personal trauma, grief & loss or feelings of depression or anxiety at some stage in their life.

Treatment for Hoarding Disorder varies but may include counselling and de-cluttering assistance. The important thing to remember is it is not a 'one size fits all' and in some cases medication may also be useful. A chat to your GP could help.



www.insideoutrecovery.com.au



0499 326 192



debbie@insideoutrecovery.com.au

SUPPORTING PEOPLE TO LIVE A LIFE LESS CLUTTERED

WHAT IF I DO NOTHING?

Living life with extreme clutter can be difficult to manage on your own and can be harmful to yourself as well as other people in your household. In addition, it could affect your relationships with those around you including family, friends and neighbours.

Hoarding can cause:

- Eviction and/or homelessness
- Relationship breakdowns
- Access issues for emergency services
- Hygiene challenges
- Pest and vermin infestations
- House fires

WHAT HELP IS AVAILABLE?

We are a NDIS registered service and we have counsellors, de-clutter coaches and specialised support available.

We will work with you to build a plan that you are comfortable with, taking small steps at a time to help you achieve your goals. Recovery may be slow but it is achievable!

WHERE CAN I START?

It is important to recognise the challenges that living in a cluttered environment are causing you, and that you would like to change the way that you are living.

Sometimes this recognition may not come from you, but a family member or a friend. It is important to remember that they are not doing this to hurt you but rather because they want to help you.

Your GP is a great source of knowledge, and they may be able to guide you on how to access the help that you are seeking. We suggest taking photos of your home with you to your GP, to help to explain things a little better. It is also important to be honest with your GP if your living environment is vulnerable because of your hoarding.

If you would like support, please ask your GP to make a referral to Inside Out Recovery or alternatively, you can call us directly.

**Recovery is possible,
but the first step starts with you!**



www.insideoutrecovery.com.au



0499 326 192



debbie@insideoutrecovery.com.au

SUPPORTING PEOPLE TO LIVE A LIFE LESS CLUTTERED