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| Books |
| **Title** | **Target group**  | **Author** | **Description** |
| *Buried in Treasures* | People living with hoardingFamilies and carersService providers | David Tolin, Randy Frost and Gail Steketee | Self-help treatment program  |
| *Stuff: Compulsive hoarding and the meaning of things* | People living with hoardingFamilies and carersService providers | Randy Frost and Gail Steketee | Case studies and exploration of the psychology of hoarding |
| *Digging Out: Helping your loved one manage clutter, hoarding and compulsive acquiring* | Families and carers | Michael Tompkins and Tamara Hartl | Practical advice focusing on harm reduction and salvaging relationships |
| *Children of Hoarders: How to minimize conflict, reduce the clutter, and improve your relationship* | Families and carers | Fugen Neziroglu and Katharine Donnelly | Aimed at helping adult children of hoarders manage their own emotions. Uses Cognitive Behavioural Therapy, mindfulness etc. |
| *Understanding hoarding: Reclaim your space and your life* | People living with hoarding | Jo Cooke | An explanation of what hoarding is and an 8-step plan with practical steps to tackle the problem |
| *Overcoming hoarding: A self-help guide using cognitive behavioural techniques* | People living with hoarding | Satwant Singh, Margaret Hooper and Colin Jones | Offers support, guidance and Cognitive Behavioural Therapy activities to help overcome hoarding |
| *Reclaim your life from hoarding* | People living with hoarding | Eileen Dacey | Workbook with case studies, self-care strategies and an action plan |
| *Dirty Secret: A daughter comes clean about her mother's compulsive hoarding* | People living with hoardingFamilies and carersService providers | Jessie Scholl | Memoir of the daughter of a hoarder |
| *Coming Clean* | People living with hoardingFamilies and carersService providers | Kimberley Rae Miller | Memoir of the daughter of a hoarder |
| *White Walls: A memoir about motherhood, daughterhood and the mess in between* | People living with hoardingFamilies and carersService providers | Judy Batalion | Memoir of the daughter of a hoarder |
| *Lessons in letting go: Confessions of a hoarder* | People living with hoardingFamilies and carersService providers | Corinne Grant | Memoir by an Australian comedian |
| *Mess: One man’s struggle to clean up his house and his act* | People living with hoardingFamilies and carersService providers | Barry Yourgrau | Memoir and exploration of hoarding by a person living with hoarding issues |

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| Websites |
| **Name** | **Target group** | **Country** | **Run by** | **Description** |
| r/hoarding | People living with hoardingFamilies and carersService providers | Worldwide | Hosted by large social media platform Reddit, run by volunteer moderators. 34,000 registered members. | Public discussion forum offering advice and support. People post questions, rants/venting, and personal progress. Has a wiki with comprehensive info and resources. |
| International OCD Foundation | People living with hoardingFamilies and carersService providers | Worldwide | Non-profit promoting awareness and providing resources and support for people affected by Obsessive Compulsive Disorder. | Website with information and resource directory. |
| Maroondah Hoarding and Squalor Network | People living with hoardingFamilies and carersService providers | AU | Forum for agencies and community groups in the City of Maroondah, Victoria | Excellent introductory articles. Comprehensive resource guide for Maroondah locals and others |
| Pathways through the maze | People living with hoardingFamilies and carersService providers | AU | Catholic Community Services | Basic information, resources and training |
| Hoarding Disorders UK | People living with hoardingFamilies and carersService providers | UK | Hoarding Disorders UK | Resources and information for people affected by hoarding. |
| Children of Hoarders | Families and carers | Mainly US | Volunteer grassroots non-profit | Biggest and best known online support for family members of hoarders. Resources, information and support. |

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| Audio/video |
| **Name** | **Target group** | **Author** | **Description** |
| Hoarding Disorder playlist | People living with hoardingFamilies and carersService providers | International OCD Foundation | A Youtube playlist of short (2-3 minute) videos explaining hoarding disorder.  |
| Clutter Chronicles | People living with hoardingFamilies and carersService providers | Lori Koppelman | Free podcast. An ongoing conversation with Mary, who calls herself a recovering hoarder.  |
| The Hoarding Solution Podcast | People living with hoardingFamilies and carersService providers | Tammi Moses | Free podcast. An exploration of how we as a community can approach this issue with compassion, kindness & awareness. |
| Overcome Compulsive Hoarding | People living with hoardingFamilies and carersService providers | @ThatHoarder | Free podcast. Tips, advice, experiences and interviews from a compulsive hoarder who is trying desperately to change. |
| The Hoardganize Podcast | People living with hoardingFamilies and carersService providers | Rachel Seavey | Free podcast. A professional organiser offers tips and shares her experience. |
| Helping hoarders let go | People living with hoardingFamilies and carersService providers | ABC Radio | Archived radio broadcast. An interview with Jessica Grisham, a clinical and research psychologist at the University of NSW. |
| The psychology of hoarding | People living with hoardingFamilies and carersService providers | ABC Radio | Archived radio broadcast. Interviews with Professor Randy Frost (co-author of *Buried in Treasures*), a support worker, and two people who hoard |

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| Training |
| **Name** | **Target group** | **Cost** | **Run by** | **Description** |
| Hoarding Home Solutions Family & Friends | Families and carers | Fee to be paid | Hoarding Home Solutions | Online. Workbooks, video lessons, real life stories and resources and tools. 12 x 1-hour sessions. |
| Hoarding Home Solutions for Support Professionals | Service providers | Fee to be paid | Hoarding Home Solutions | Online. Workbooks, video lessons, real life stories and resources and tools. 12 x 1-hour sessions. |
| How to help someone who hoards | Families and carersService providers | Free | Hoarding Home Solutions | Online. 40 minute video. |
| Understanding and treating hoarding disorder | Families and carersService providers | Fee to be paid | University of Sydney | Online; one 8-hour session. Covers etiology, assessment and therapy (Cognitive Behavioural Therapy). |
| Helping People Who Hoard | Service providers | Fee to be paid | Rebecca Mezzino | Online interactive workshop with a strong focus on developing empathy, compassion and understanding as well as skills and confidence. |
| Hoarding Disorder webinar | Service providers | Free for registered Australian medical professionals | Black Dog Institute | 1 hour recorded webinar. CPD accredited. |
| Helping People Who Hoard: Alternatives to nagging, pleading, and threatening | Families and carers | Free | Michael Tompkins via IOCDF | 44-minute Youtube video. Covers dealing with people who refuse help and repairing damaged relationships. |
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| Support groups |
| **Name** | **Target group** | **Platform** | **Run by** | **Description** |
| Buried in Treasures Hoarding Support Program | People living with hoarding | Online | CatholicCare | Free 15-week group program for people aged 65+ (50+ if Aboriginal or Torres Strait Islander). Follows the  |
| Hoarding and clutter support group | People living with hoarding | Zoom | ARC Victoria | Peer-led mutual self-help support group. Free. |
| Hoarding/Cluttering Support Group | People living with hoarding | Private Facebook group | Volunteer members | Emotional, educational and psychological support, and a resource for understanding hoarding and cluttering |
| The Clutter Movement Individual Support | People living with hoarding | Private Facebook group | Unknown | ‘A dedicated community working together to better understand, better support, and better resolve issues with clutter. Through the sharing of knowledge, experience, and ideas, we strive to affect sustainable change in ourselves and in each other.’ |
| Adult Children of Hoarders | Families and carers | Private Facebook group | Volunteer members | ‘A place to get support, share experiences and feelings, and sometimes laugh at the absurdity of it all - without judgment’ |
| Family and Friends of Hoarders Support Group | Families and carers | Private Facebook group | Volunteer members | ‘A safe place to be able to let out the frustration of living with a hoarder.’ |
| MYCOHP (Minor and Youth Children of Hoarding Parents) | Families and carers | Groups.io | Volunteers | ‘A safe, understanding, peer support group for minors and youth living in hoards.’ |
| Children of Hoarders | Families and carers | Groups.io | Volunteer members | ‘Join us for support, information sharing, and understanding… a community of people who grew up the same way or have similar adult experiences and can relate’ |
| r/hoarding | People living with hoardingFamilies and carersService providers | Reddit | Volunteer members | Public discussion forum offering advice and support. People post questions, rants/venting, and personal progress. |
| r/ChildofHoarder | Families and carers | Reddit | Volunteers | Public discussion forum offering advice and support. People share stories, ask questions and vent their frustration. |
| Hoarding/Cluttering Support Group | People living with hoardingFamilies and carersService providers | Private Facebook group | Volunteer members | ‘tools, education and information – in addition to support for everyone impacted by Hoarding – and that includes loved ones, social workers, therapists, organizers, and clean-up crews’ |
| Arafmi Carer Support Group (not hoarding specific) | Families and carers | Zoom | Arafmi | For family and carers of people with mental illness. |
| Safe Spaces(not hoarding specific) | Families and carers | Face to face and Zoom | Mental Health Families and Friends Tasmania | For family and carers of people with mental illness |

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| Professional services |
| **Name** | **Target group** | **Location** | **Service** | **About** |
| Fiona Mason, Ace of Space, 0437 772 097 | People living with hoarding | Hobart | Professional organiser | Works with people wanting to declutter or downsize, and also works with NDIS and MyAgedCare participants. Has training in hoarding |
| Dr Bethany Lusk, Archer Street Health, 0361 242 222 | People living with hoarding | Hobart | Clinical psychologist | Has an interest in working with clients experiencing hoarding problems and has completed training |
| Dr Jan Eppingstall, Stuffology | People living with hoarding | Melbourne | Psychologist | Hoarding specialist offering therapy over Zoom as well as in-person |
| Julie Jensen, Changes in Between, 0411 241 005 | People living with hoarding | Melbourne | Counsellor | Primarily a grief counsellor with training and interest in hoarding. Offers phone and Zoom therapy as well as in person |
| George Turnure, Website, 0413 674 328 | People living with hoarding | Sydney | Clinical Psychologist | Works frequently with hoarding and offers multiple telehealth options |
| Catherine Madigan, Anxiety Treatment Australia, 0429 883 671 | People living with hoarding | Melbourne | Clinical Psychologist | Specialises in anxiety disorders and treats hoarding. Offers online and phone counselling |