



Hoarding Disorder

Hoarding disorder is a mental health condition characterized by a persistent difficulty discarding possessions due to a perceived need to save them. It leads to severe clutter that compromises living spaces and causes significant distress, making it distinct from harmless collecting.

An Overview of Hoarding Disorder

American Psychiatric Association

<https://www.psychiatry.org/patients-families/hoarding-disorder/what-is-hoarding-disorder>

ADAA

<https://adaa.org/understanding-anxiety/what-is-hoarding-disorder>

Mayo Clinic

<https://www.youtube.com/watch?v=thIPW5odG6A>

Other Resources

Drop-in Support Group for Hoarding Behavior

<https://iocdf.org/support-groups/drop-in-support-group-for-hoarding-behavior/>

Hoarders Working Support

<https://iocdf.org/support-groups/drop-in-support-group-for-hoarding-behavior/>

Self Help for Hoarders

<https://www.helpguide.org/mental-health/anxiety/hoarding-disorder-help-for-hoarders>

Help for Families

<https://hoarders.com/support-groups-help-for-families/>

For more resources, support, and Catholic therapists, contact Rich at hello@thechurchofstluke.org