

NATIONAL DIRECTORY FOR HOARDING SUPPORT RESOURCES



This Directory was created by the REACH (Remote Engagement, Advocacy, and Collaboration for Hoarding) Project, a collaboration between VHA Home Healthcare and the Tenancy Risk Reduction Services (TRRS) Program at CHATS made possible with funding from Community Foundations of Canada



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Organizations with some Canada-wide services are symbolized with a ★

DISCLAIMER

~**THIS DIRECTORY IS FOR INFORMATION PURPOSES ONLY AND INCLUSION SHOULD NOT BE TAKEN AS AN ENDORSEMENT REGARDING THE QUALITY OF SERVICES. WE ENOURAGE ALL TO ENGAGE IN THEIR OWN RESEARCH. ALSO, PLEASE NOTE THIS DIRECTORY IS A WORK IN PROGRESS, THERE IS NO GUARANTEE THAT ALL SERVICES ARE INCLUDED**~

Directory updated June 2021.



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Alberta (AB)

Name of Organization: **Behind the Hoard Consulting**

Type of Service Provided: Decluttering

Address: Based in High River, Alberta

Telephone: (403) 888-8908

Contact: Nadine Achtemichuk, Email: nadine@behindthehoard.ca

Website: www.behindthehoard.com

Area Service is Provided in: Alberta, British Columbia, and Saskatchewan.

Eligibility Criteria for Service: Call for information.

Referral Process: Call for information.

Service Description: Provides assessments, de-cluttering, counselling, and deep clean services to individuals who experience difficulties with hoarding and related challenges.

Fees: Assessment fees range from \$150-\$350 + travel expenses and accommodation depending on the size of the property. Decluttering and counselling sessions are approximately \$75.00/hr—contact to confirm costs.

Name of Organization: **Carya Calgary**

Type of Service Provided: Making Room: A Hoarding Support Group

Address: 180, 839 5 Avenue Street West, Calgary, Alberta T2P 3C8

Telephone: (403) 537-3383

Contact: Organizer Alison Mapp, Email: AlisonM@caryacalgary.ca

Website: <https://caryacalgary.ca/our-programs/older-adults/making-room/>

Area Service is Provided in: This group is only available to participant's residing in Calgary or the surrounding area.

Eligibility Criteria for Service: Older adults.

Referral Process: Contact Alison Mapp at 403-537-3383

Service Description: Making Room is a drop-in virtual support group, on ZOOM, offered for individuals who experience difficulties with hoarding. Group runs bi-weekly on Monday's from 1:00pm to 3:00pm.

Fees: \$5.00 per session (subsidies may be available).



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Alberta (AB)

Name of Organization: Elements Calgary Mental Health Centre

Type of Service Provided: Decluttering Support Groups

Address: 400-1035 7 AVE SW, Calgary, AB, T2P 3E9

Telephone: (403)-266-8711

Contact: Kelley Sallenbach, kelley.sallenbach@elementscmhc.ca.

Organizational Email: info@elementscmhc.ca

Website: <https://www.elementscmhc.ca/our-programs/decluttering>

Area Service is Provided in: Calgary (Albertan living outside of Calgary, call or email to confirm if you are eligible for any virtual services).

Eligibility Criteria for Service: 18 years or older and have a diagnosed mental illness as primary presenting condition.

Referral Process: Complete referral form on the website.

Service Description: Provides a dual-component decluttering service. The educational portion of the program helps clients understand how clutter affects their lives, health, and safety. The education sessions run weekly with 15 half day sessions. The maintenance portion of the program offers support groups and online forums for ongoing support. The maintenance sessions run twice a month for 2.5 hours each. Clients who are approved for program attend educational group meetings where clients are educated on hoarding disorder and provided with strategies for decluttering. Group members are encouraged to bring some of their own items and the instructor walks them through decision making and letting go while asking them questions about items. Group members work together with each other to discard items. The Maintenance portion is meant to provide ongoing support for clients decluttering on their own after they finish educational program. Group sizes are approx. 10 people max.

Fees: None if eligible.



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Alberta (AB)

Name of Organization: Sage Senior Association

Type of Service Provided: This Full House Program

Address: 15 Sir Winston Churchill Square, Edmonton, AB, T5J 2E5

Telephone: (587) 773-1764

Contact: Call or use the referral form on the website.

Website: <https://www.mysage.ca/help/this-full-house>

Area Service is Provided in: Call for information.

Eligibility Criteria for Service: 55 years old or older and struggling with compulsive hoarding behaviour.

Referral Process: Complete referral form on the website.

Individuals can also call the program themselves, or they can be referred by family, friends, neighbours, or professionals.

Service Description: Home visits to assess the situation and identify safety issues. The client will work with a social worker to set goals, timelines, a starting place, and other supports that could help with clutter.

Fees: None if eligible.



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British Columbia (BC)

Name of Organization: **1st Hoarding Clean Up**

Address: Greater Vancouver - 7187 Honeyman St Unit 4, Delta, BC V4G 1E2 Vancouver Island - 185-911 Yates St, Unit 347, Victoria, BC VBV 4Y9

Telephone: 1-855-465-2597

Contact: Curtis Kreklau, Email: curtis@tscu.ca; Experts@1stHoardingCleanUp.com

Website: www.1sthoardingcleanup.com

Area Service is Provided in: Vancouver, Burnaby, Coquitlam, West Vancouver, North Vancouver, Surrey, Delta, Langley and Victoria.

Eligibility Criteria for Service: Call for information.

Referral Process: Call or Email for information

Service Description: Decluttering, sorting, and organizing services to individuals who experience difficulties with hoarding. Also provides extreme cleaning and odour neutralization services for clients living in severe squalor and/or with infestations.

Fees: Fee for service on a sliding scale.

Name of Organization: **Hoarding Action Response Team (HART)**

Telephone: Within Vancouver: 311, Outside Vancouver: (604) 873-7000

Website: <http://vancouver.ca/people-programs/hoarding-action-response-team.aspx>

Area Service is Provided in: Vancouver.

Eligibility Criteria for Service: Call for information.

Referral Process: Call for information or complete the form on the website.

Service Description: HART is a partnership between the City and Vancouver Coastal Health — provides a coordinated community response to those impacted by hoarding.

Fees: None if eligible.



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British Columbia (BC)

Name of Organization: **Island Health Hoarding Education & Action Team (HEAT) Type** ★

of Service Provided: In person and virtual Peer Support Groups

Address: Locations for Peer Support Groups:

2334 Trent Street, Room 609, Victoria BC V8R 4Z3 – Twice a month 3:00pm - 4:30pm

1125 Pembroke Street, Victoria, BC V8T 1J3 – Twice a month 5:00pm - 6:00pm

*In-Person Support Groups currently on hold

Telephone: HEAT Hotline (250) 361-0227

Website: <https://www.islandhealth.ca/our-services/hoarding-services/hoarding-services-heat>

Area Service is Provided in: In person in Greater Victoria and online Support Groups open to anyone with an internet connection across Canada.

Eligibility Criteria for Service: Call for information.

Referral Process: Self-referral.

Service Description: Cognitive Behaviour Therapy based peer support groups for individuals who experience difficulties with hoarding. Currently offering virtual Facebook support group (www.facebook.com/groups/HEATgroup).

Fees: No.

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Manitoba (MB)

Name of Organization: **A & O Support Services for Older Adults**

Type of Service Provided: This Full House Program

Telephone: (204) 956-6440; Toll-free: 1-888-333-3121

Contact: Email: intake@aosupportservices.ca

Website: <https://www.aosupportservices.ca/our-three-pillars/safety-security/this-full-house/>

Area Service is Provided in: Winnipeg.

Eligibility Criteria for Service: Residents of Winnipeg who are 55+.

Referral Process: Complete referral form on website or call.

Service Description: A voluntary program that helps individuals experiencing hoarding behaviours to live safely at home. A Registered Social Worker helps older adults make difficult choices about belongings in their home, and to decrease the anxiety they may feel about letting go of their belongings. Occasionally offer a group aimed at providing education, support, and realistic strategies for those who struggle with clutter in their homes.

Fees: None if eligible.

Name of Organization: **OCD Centre Manitoba, Inc**

Type of Service Provided: Hoarding Disorder Support Group and Reading Group

Address: 930 Portage Avenue, Winnipeg, MB

Telephone: (204) 942-3331

Website: www.oedmanitoba.ca/services/

Area Service is Provided in: Call for information.

Eligibility Criteria for Service: Call for information.

Referral Process: Self-referral.

Service Description: A Support Group where its members to work toward their goals by utilizing cognitive behaviour therapy techniques. The format of the meetings will vary according to discussion topics and de-cluttering exercises. There is also a Reading Group where participants work through the book, 'Buried in Treasures- Help for Compulsive Acquiring, Saving and Hoarding'.

Fees: No.



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[New Brunswick \(NB\)](#)

Name of Organization: 211 New Brunswick

Telephone: 211 (in province callers only)

Website: <https://211.ca/>

Area Service is Provided in: New Brunswick.

Eligibility Criteria for Service: Residents of New Brunswick.

Service Description: 211 is a free, confidential information and referral service that can connect you to thousands of programs and services offered by local community groups, non-profits and government departments across New Brunswick. Service Provided in English, but translation services may be available.

Fees: No.



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Newfoundland & Labrador (NL)

Name of Organization: 811 Healthline

Telephone: 811 (in Province callers only)

Website: <https://www.811healthline.ca/mental-health/>

Area Service is Provided in: Newfoundland & Labrador.

Eligibility Criteria for Service: Resident of Newfoundland & Labrador.

Service Description: Provide information on general anxiety symptom management and mental health services. *Translation services offered.

Fees: No.

Name of Organization: Eastern Health (Provincial Healthcare Authority)

Type of Service Provided: Provincial Systems Navigator for mental health and addictions' services.

Telephone: 1-877-999-7589 (toll-free), local number 75

Contact: Barry Hewitt, barry.hewitt@easternhealth.ca

Area Service is Provided in: Primarily Newfoundland.

Eligibility Criteria for Service: Resident of Newfoundland & Labrador.

Referral Process: Self-referral.

Service Description: Navigation Service for mental health and addictions' services like hoarding services. Referrals to local supports made as needed. If requested VRS calls available in addition to access to translation services.

Fees: No.

Name of Organization: ServiceMaster Restore of St. John's

Type of Service Provided: Clean-up

Address: 38 Bay Bulls Road, St. John's, NL A1G 1A5

Telephone: (709) 726-6773

Contact: wayne.smith@svmrestore.ca

Website: https://www.svmrestore-stjohns.ca/services-residential/hoarder_cleanup/

Area Service is Provided in: St. John's

Service Description: Provides professional hoarding cleanup services. Available to take calls 24/7, every day of the year.

Fees: Yes. Quote available via website or over the phone.



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Nova Scotia (NS)

Name of Organization: **211 Nova Scotia**

Telephone: 211 (in province callers only)

Website: <https://ns.211.ca/services/8-1-1-healthlink/>

Area Service is Provided in: Nova Scotia.

Eligibility Criteria for Service: Residents of Nova Scotia.

Service Description: 211 is a free, confidential information and referral service that can connect you to thousands of programs and services offered by local community groups, non-profits, and government departments across Nova Scotia, 24/7. Service Provided in English, but translation services may be available.

Fees: No.

Name of Organization: **Merry Maids of Metro**

Type of Service Provided: Cleaning

Address: 3659 Dutch Village Rd, Halifax, NS B3N 2T1

Telephone: (902) 449-7233

Contact: Sandra Watson

Website: <https://merrymaidshalifax.ca/>

Area Service is Provided in: Halifax.

Service Description: Sandra Watson owns the local “Merry Maids” franchise and is in the process of setting up “Pack Rats” with a specialty focus on serving individuals living with hoarding tendencies. She reports over 30 years of experience in the cleaning industry, including large-scale clean-ups.

Fees: Yes. Hourly or by the job options available.



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[Nova Scotia \(NS\)](#)

Name of Organization: **Organize Anything**

Type of Service Provided: Decluttering

Telephone: (902) 478-2280

Contact: Colette Robicheau, Email: info@organizeanything.com

Website: www.organizeanything.com

Area Service is Provided in: Call for information.

Eligibility Criteria for Service: No.

Referral Process: Self-refer.

Service Description: Professional organizer working with people with hoarding tendencies. Access to a staff of cleaners if needed but goal is to work directly with clients to focus on the hoarding behavior itself. Not interested in 'rush jobs' with a sole focus on cleaning.

Fees: Yes. \$125.00 for initial assessment + \$65/hour.

Name of Organization: **Space to Thrive Organizing Transformations**

Address: Mahone Bay, Nova Scotia

Telephone: (902) 521-7831

Contact: Shirley Oickle, MSW RSW

Website: <https://spacetothrive.com/>

Area Service is Provided in: Nova Scotia.

Eligibility Criteria for Service: Adults.

Referral Process: Send inquiries via email, website, or phone.

Service Description: Consultative services to professionals and other service providers (e.g. social workers, family support workers, etc.) who work with clients that are negatively impacted by clutter, chronic disorganization, and/or hoarding.

Fees: Contact to discuss.



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Ontario (ON)

Name of Organization: **Birchall Consulting**

Telephone: (613) 492-0700

Contact: Call or email elaine.birchall@hoarding.ca

Website: www.hoarding.ca

Area Service is Provided in: Call for information.

Eligibility Criteria for Service: Call for information.

Referral Process: Call, email or use the contact form on the website.

Service Description: Assessment, consults, counseling, clutter coaching, clean ups, workshops and training.

Fees: Yes.

Name of Organization: **Canadian Mental Health Association - Elgin-Middlesex**

Type of Service Provided: Clearing the Clutter Group

Address: Virtual Service.

Telephone: (519) 668-0624

Contact: Email: clearing.clutter@cmhamiddlesex.ca

Website: www.cmhamiddlesex.ca

Area Service is Provided in: Elgin-Middlesex area.

Eligibility Criteria for Service: This service is a free virtual group for anyone living in the Elgin-Middlesex area. Must have access to computer/smart phone and internet.

Referral Process: Email.

Service Description: This group is for anyone with chronic disorganization to serious hoarding issues. The group's objective is to educate about the complexities of clutter/hoarding, teach some new skills, address some barriers and to be with people who get it. The group is a Psychoeducational group, based on the Cognitive Behavioural Therapy model. Runs for 2 hours per week, for 8 weeks.

Fees: No.



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Ontario (ON)

Name of Organization: **Canadian Mental Health Association - Waterloo Wellington**

Type of Service Provided: Wellington Guelph Hoarding Response Program

Telephone: (519) 821-2060 ext. 2105

Contact: Samantha Kim

Website: www.wghoardingresponse.ca

Area Service is Provided in: City of Guelph & County of Wellington

Eligibility Criteria for Service: Call to confirm.

Referral Process: Call to discuss.

Service Description: Consultation, education and capacity building of community and service providers.

Fees: No.

Name of Organization: **Catholic Family Services of Hamilton**

Type of Service Provided: Gatekeepers Program

Address: 201- 447 Main Street East, Hamilton, ON

Telephone: (905) 527-3823

Contact: Complete the referral form on the website and fax to (905) 546-5779 (Hamilton) or (905) 546-5770 (Halton).

Website: www.cfshw.com/gatekeepers

Area Service is Provided in: Hamilton & Halton.

Eligibility Criteria for Service: Aged 60 years and older in Hamilton and aged 49 and older in Halton.

Referral Process: Self-refer.

Service Description: Connects clients to case workers who provide support and referrals to cleaning and other resources that address hoarding.

Fees: No.



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[Ontario \(ON\)](#)

Name of Organization: **CHATS—Community & Home Assistance to Seniors**

Type of Service Provided: Hoarding & De-cluttering Support Program.

Address: 240 Edward St., Suite 1. Aurora, ON L4G 3S9

Telephone: 905-713-3373 Ext. 6082 or 1-866-677-9048 Ext. 6082

Website: <https://www.chats.on.ca/home-safety-services>

Eligibility Criteria for Service: Adults 25 and older living in York Region with low to moderate household income, and health and safety risk present due to clutter.

Referral Process: Call or email trrs@chats.on.ca

Service Description: Work with eligible adults living in poor cluttered environments and are at risk of losing their housing due to excessive clutter. Utilizing a harm reduction approach, customized service plans and Teams are put in place to reduce risks, increase safety, and address the behaviours contributing to clutter. In addition to assessment and service coordination, Service may also include hands on decluttering support, short term Case Management and/or Occupational Therapy, and minor repairs. Programs works with both tenants and homeowners and provides education and training to the community. Some components of Service are available both in the home and virtually. Clutter Support Groups also offered.

Fees: No.



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Ontario (ON)

Name of Organization: **Frederick W. Thompson Anxiety Disorders Clinic**

Type of Service Provided: Treatment of obsessive-compulsive disorder (OCD) and “related” spectrum disorders, including hoarding, hair pulling (trichotillomania) skin picking and body dysmorphic disorders.

Address: 2075 Bayview Avenue, Toronto, ON

Telephone: (416) 480-4002

Contact: Intake co-ordinator.

Website: www.sunnybrook.ca/content/?page=oed-resources-information

Area Service is Provided in: Toronto, living between Bathurst (west), Sheppard (north), DVP (east) and St. Clair (south).

Eligibility Criteria for Service: For those aged 18 to 65 living in the eligible geographical area.

Referral Process: Physician’s referral required—form available on the website.

Service Description: Psychiatric consultations; 16-week hoarding group. Note: No individual therapy offered. Waitlist: Up to 9–12 months for initial consultation.

Fees: None if eligible.

Name of Organization: **Fresh Start Cleaning and Maintenance**

Type of Service Provided: De-hoarding Services; Extermination Prep; Extreme Cleaning.

Address: 3345 Dundas Street West, Toronto, ON, M6P 2A6

Telephone: (416) 504-4262, extension 226

Contact: Angela Hye-Jin Song

Website: <http://freshstartclean.com/extreme-cleaning-service/>

Area Service is Provided in: Greater Toronto Metropolitan area.

Eligibility Criteria for Service: For no charge service: Living West of Yonge Street and at imminent risk of eviction (must be in receipt of a “Notice to Terminate a Tenancy Early” form from the landlord).

Fee for service available throughout the Greater Toronto Metropolitan area.

Referral Process: Call for further information.

Service Description: Services help one to free oneself from the burden of an overwhelming barrier to a liveable home and a better quality of life.

Fees: Both no cost and fee for service available.



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Ontario (ON)

Name of Service: **Occupational Therapy**

Type of Service Provided: Mental Health Occupational Therapy; Decluttering & Downsizing; Consultation; Clutter Management Support Groups; Hoarding Training Workshops.

Address: Clients' setting.

Telephone: (416) 825-9581

Contact: Alda Melo, MScOT, Occupational Therapist Practicing in Mental Health.

Area Service is Provided in: GTA in person or virtually, rest of the province virtually.

Eligibility Criteria for Service: Adults 18 years and older.

Referral Process: Individuals call/ Organizations call, or email OTamelo1@outlook.com

Service Description: Comprehensive evidence-based service for individuals living with clutter and/or hoarding behaviours, or mental health concerns; family members; service providers; community organizations that come across hoarding. Assessment, treatment, and consultation provided to enable safety and function, organization, coping and wellness, and to decrease risks such as fire and eviction. Service is customized to meet the individual's needs and situation. Support groups also conducted online, decluttering support may be provided in the home or remotely. Educational workshops and hoarding training on best practice community approaches to working with hoarding also available. Not all Services are available province wide.

Fees: Yes.



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Ontario (ON)

Name of Organization: **St. Joseph's Healthcare Hamilton**

Type of Service Provided: Anxiety Treatment & Research Clinic

Address: St. Joseph's Healthcare, Hamilton, ON

Telephone: (905) 522-1155 ext. 33697

Contact: For more information, please contact the patient services co-ordinator at the telephone number above (Note: Pre-program screen required).

Website: <https://www.stjoes.ca/health-services/mental-health-addiction-services/mental-health-services/anxiety-treatment-and-research-clinic-atrc>

Area Service is Provided in: Hamilton.

Eligibility Criteria for Service: To be determined by your physician.

Referral Process: A Physician's referral is required.

Service Description: A 16-week Cognitive Behaviour Therapy group on hoarding that runs once a year in January. Referral form can be downloaded from the website above.

Fees: None if eligible.

Name of Organization: **Toronto Hoarding and Extreme Cleaning Service**

Telephone: (416) 569-0846

Contact: Robert—call or email at: robholtw@gmail.com

Website: <http://torontohoardingservices.ca/>

Area Service is Provided in: Toronto.

Eligibility Criteria for Service: Call for information.

Referral Process: Self-refer.

Service Description: Restores living space to a safe and healthy condition. Services include mold remediation, disinfectant fogging, steam cleaning, bedbug and cockroach prep, and estate clear out. Work with lawyers, landlords and condo management.

Fees: Yes.



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Ontario (ON)

Name of Organization: **Urge to Purge Inc (UTP)**

Type of Service Provided: Decluttering and hoarding remedial services.

Address: Welland, ON

Telephone: +1 (905) 732-8382

Contact: Call or Email: sales@urgetopurge.ca

Website: <https://www.urgetopurge.ca/>

Area Service is Provided in: The Niagara Region & GTA.

Eligibility Criteria for Service: Call for more information.

Referral Process: Call for more information.

Service Description: Hoarding cleanup, decluttering, deep cleaning, extreme declutter, organizing, bringing houses up to code, and renovations.

Fees: Yes

Name of Organization: **VHA Home HealthCare**

Type of Service Provided: Durham Hoarding Support Services (DHSS)

Address: 105 Consumers Drive, Whitby, ON L1N 1C4

Telephone: (416) 489-2500 or 1-888-314-6622 ext. 4218

Website: <https://www.vha.ca/our-services/clutter-hoarding-support-therapy/dhss/>

Area Service is Provided in: Durham, ON.

Eligibility Criteria for Service: Living in Durham Region, meets low-income criteria, not at imminent risk of eviction.

Referral Process: Self or external referral. Call for more information.

Service Description: Provides counselling/clutter coaching services to individuals who require assistance due to their hoarding behaviours. Provide assistance with improving safety, problem solving skills and developing maintenance plan.

Fees: None if eligible.



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Ontario (ON)

Name of Organization: **VHA Home HealthCare**

Type of Service Provided: Extreme Cleaning Services

Address: 30 Soudan Avenue, Toronto, ON

Telephone: (416) 280-8407 or (416) 489-2500 ext. 4192 (Toronto) ext. 4218 (Durham, London)

Website: www.vha.ca/extreme-cleaning

Area Service is Provided in: City of Toronto, Region of Durham, City of London.

Eligibility Criteria for Service: For Residents who are at risk of facing eviction due to hoarding. Call for information and eligibility.

Referral Process: No self referrals accepted.

Service Description: An extreme cleaning program that helps people regain control of their living space and life by providing trained cleaners who can work with clients and family members to meet public health standards for their home; two to three days intensive cleaning, weekly follow-up cleaning support after the initial cleanout to avoid relapse; referrals and links to other local community resources for long-term needs; plan development to address the source of hoarding tendencies and barriers to de-cluttering.

Fees: Free service if eligible.

Name of Organization: **VHA Home HealthCare**

Type of Service Provided: London Middlesex Hoarding Support Services Network

Address: 400 York St Suite 203, London, ON N6B 3N2

Telephone: (519) 645-2410 or 1-888-314-6622 ext. 4218

Website: <https://www.vha.ca/our-services/clutter-hoarding-support-therapy/dhss/>

Area Service is Provided in: London Middlesex, ON.

Eligibility Criteria for Service: Living in London Middlesex, meets low-income criteria, not at imminent risk of eviction.

Referral Process: Self or external referral. Call for more information.

Service Description: Provides counselling/clutter coaching services to individuals who require assistance due to their hoarding behaviours. Provide assistance with improving safety, problem solving skills.

Fees: None if eligible.



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Ontario (ON)

Name of Organization: **VHA Home HealthCare**

Type of Service Provided: Toronto Hoarding Support Services Network (THSSN)

Address: 30 Soudan Ave, suite 600, Toronto, ON

Telephone: (416) 280-8407 or (416) 489-2500 ext. 4192

Website: <http://www.torontohoardingnetwork.ca/>

Area Service is Provided in: Toronto.

Eligibility Criteria for Service: Call for information.

Referral Process: Call for information.

Service Description: Coordinates services for 14 partner agencies in Toronto: these services include hoarding strategies and support, referrals, and assessments.

Fees: Call for information.



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Prince Edward Island (PEI)

Name of Organization: **Canadian Mental Health Association – PEI** (CMHA PEI)

Address: 178 Fitzroy Street, P.O. Box 785, Charlottetown, PEI, C1A 7L9

Telephone: (902)-566-3034

Contact: Email: division@cmha.pe.ca

Website: <http://pei.cmha.ca/>

Area Service is Provided in: Call for information.

Eligibility Criteria for Service: Call for information.

Referral Process: Self-refer.

Service Description: CMHA – PEI Division has over 150 volunteers and 50+ support staff providing programs, education and information, research, advocacy, and social policy development to achieve the above goal of mental health for all Islanders. CMHA – PEI offers various mental health resources and services and is open Monday-Friday 9-5.

Fees: Call for information. Fees, if any, may vary from program to program.

Name of Organization: **Richmond Centre Community Mental Health**

Address: 1 Rochford St, Charlottetown, PEI

Telephone: (902) 368-4430

Contact: Shelly Higgins, Supervisor of Seniors Mental Health Resource Team (SMHRT) and Continuing Care, Email: smhiggins@ihis.org

Website: <https://www.princeedwardisland.ca/en/information/health-pe/mental-health-walk-clinics>

Area Service is Provided: Mostly central PEI, but also welcomes those from outside the area. Richmond Centre can also refer locals to other closer clinics; East end clinics: Surrey clinic, Summerside mental health, Prince County, Montague clinic etc....

Eligibility Criteria for Service: All ages are welcome to engage in virtual services (over the phone), but service for the physical walk-in clinics is 16+.

Referral Process: For Therapy all that is required is self referral; for Psychiatric services, a physician referral is required.

Service Description: A Government funded community mental health organization. Not specifically for hoarding disorder, but capable of serving clients with it, offering a variety of services for conditions such as Anxiety & Obsessive-Compulsive Disorder.

* Note McGill centre is mostly for seniors and staff can go into homes for service if needed. Languages offered include English and French.

Fees: No.



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National Hoarding Support Resources Directory

Quebec (QC)

Name of Organization: **AMI-Quebec** ★

Type of Service Provided: Hoarding programing including online groups.

Address: 5800 Decarie Blvd, Montreal, Quebec H3X 2J5

Telephone: (514) 486-1448

Contact: Email: info@amiquebec.org

Website: www.amiquebec.org/support

Area Service is Provided in: The Greater Montreal Area for those over the age of 18, but virtual support groups are available to anyone (18+) living in Canada.

Eligibility Criteria for Service: call or email to confirm eligibility.

Referral Process: Self-refer.

Service Description: AMI-Quebec provides free services for the Greater Montreal Area for those over the age of 18. Services include: support groups for family, friends, and individuals experiencing anxiety, OCD, bipolar disorder, depression, and hoarding, and Hoarding video conference services or telephone support groups held every month (dates and times on website). Meetings accessible through the website. Additionally, the Hoard No More program addresses challenges with hoarding. Support groups are an hour and a half in duration from 6:30pm to 8:00pm EST. These support groups are open to anyone across Canada. Groups are held twice a month.

Fees: None if eligible.

Name of Organization: **The Canadian Treatment Center for Obsessive Compulsive Disorder** ★

Address: 4115 Sherbrooke St. W., Westmount, Quebec, H3ZK9

Telephone: (514) 710-7063

Contact: Dr. Debbie Sookma; drdsookman@ctcocd.ca or info@ctcocd.ca

Website: <http://ctcocd.ca/en/home/>

Area Service is Provided in: Call for information.

Eligibility Criteria for Service: Call for information.

Referral Process: Self-refer.

Service Description: Specialized treatment center for OCD and related disorders, including hoarding disorder, throughout the lifespan: children, adolescents, and adults. Specialized treatments are offered to Canadians from all provinces and regions The psychotherapeutic evidence-based treatment of choice for OCD and related disorders is specialized cognitive behavior therapy (CBT), informed by cutting-edge research, and developmentally adapted for each person.

Fees: Yes

Organizations with some Canada-wide services are symbolized with a ★



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Saskatchewan (SK)

Name of Organization: **Saskatoon Housing Coalition**

Type of Service Provided: Self-help hoarding group.

Address: 319 Camponi Place Saskatoon, SK S7M 1E9

Telephone: Liz - (306) 655-4979 ext. 225, Vanessa - (306) 655-4979 ext. 231

Contact: Liz - Email: liz@saskatoonhousingcoalition.ca, Vanessa - Email: vanessa@saskatoonhousingcoalition.ca

Website: <https://www.saskatoonhousingcoalition.ca/community-information.html>

Area Service is Provided in: Saskatoon, SK

Eligibility Criteria for Service: To be eligible for any program with Saskatoon Housing Coalition, referred clients must have been recently diagnosed or have been living with mental illnesses, and require insight into their illness, and/or have family, friends, psychiatrists, or support workers who indicate that client needs additional coping strategies to aid with mental illness.

Referral Process: Referrals should be directed by phone or email to the two contacts above.

Service Description: Saskatoon Housing Coalition offers a weekly self-help support group for individuals who experience difficulties with hoarding. The group meets every Tuesday from 1:30pm to 2:30pm at the Saskatoon Housing Coalition office at 319 Camponi Place. Referrals are followed up with interview and application process to see if candidates are eligible for the support service.

Fees: None if eligible.

Name of Organization: **ServiceMaster Restore - Regina**

Type of Service Provided: Clean-up

Address: 1312 Lorne Street Regina, Saskatchewan, S4R 2K1

Telephone: (306) 993-1449

Contact: Email: svmr@sasktel.net

Website: www.svmrestore-regina.ca

Area Service is Provided in: Regina, SK.

Eligibility Criteria for Service: Call for information.

Referral Process: Self-refer.

Service Description: ServiceMaster is a disaster restoration company, providing extreme cleaning services to residential, business, and industrial clients. Work with clients who experience difficulties with hoarding but recommend that client is connected to a counsellor or another mental health professional that can be present during the extreme clean.

Fees: Yes.



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Additional resources that may be available in some Provinces:

❖ **1-800-Got Junk**

A junk removal company with franchised locations across Canada. Call 1-800-468-5865 or visit <https://www.1800gotjunk.com/ca> for more information.

❖ **Community Legal Aid Clinics**

Provide legal aid services to low-income individuals. Some help with dealing with eviction due to hoarding or clutter. Contact your local one for information.

❖ **Service Master Restore**

A franchised disaster restoration company with locations across Canada. Call to determine if your local provider provides extreme cleaning and restoration services for clients who experience difficulties with hoarding. Call 1-800-737-7663 or visit <https://www.servicemasterrestore.ca> for more information.



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