**Resources and Organizations Websites:**

*Multnomah County Hoarding Task Force*

* <https://multco.us/ads/hoarding>

*Obsessive Compulsive Disorder International*

* <https://iocdf.org/>

*Children of Hoarders*

* [www.childrenofhoarders.com](http://www.ocfoundation.org/)

**Individual & Group Therapy in Portland**

*Pacific Psychology and Comprehensive Health Clinic*

* 503-352-2400 - many insurances accepted

*NW Anxiety Institute*

* 503-542-7635 - many insurances accepted

***Self-Help books:***

*Buried in Treasure*s by Tolin, Frost, and Steketee

***Clutterers Anonymous at OHSU***

OCD support group with focus on hoarding behaviors

1st & 3rd Thursday evenings

***Organizations:***

Fair Housing Council of Oregon

Older Adult Behavioral Health Team of Multnomah County