

I'm *not sure* if I need help:

Am I *collecting* or *hoarding*?

Take one of these **Hoarding Quizzes** to see if you are at risk for compulsive hoarding:

[Psych Central](#)

[HealthCommunities.com](#)

Read more about the differences between [hoarding, clutter, collecting, or squalor](#).

*I think I need help:*

- **You are not alone.**
- The first step is to acknowledge you have a problem
- The next step is to reach out for programs and services for help
- A complete list of resources is available [here](#)

*Someone I know* may be struggling:

- If your concern has to do with an **immediate safety or health concern** for persons in their home, call 9-1-1 first.
- Article: [The problem that piles up: When Hoarding is a disorder](#):  
<https://newsinhealth.nih.gov/2018/02/problem-piles-up>
- [Ten warning signs your loved one might have hoarding disorder](#)
- [How does hoarding disorder affect family members](#)
- For further information or confidential assistance:
  - \*Email a description of your concern to [clutterhelp@admboard.org](mailto:clutterhelp@admboard.org)
  - or call (330)-762-3500 and ask for the Hoarding Coordinator.