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](https://www.psychcentral.com)
- [HealthCommunities.com](https://www.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](https://www.nimh.nih.gov/health/topics/hoarding-obsessive-compulsive-disorder-ocd/index.shtml)
- [How does hoarding disorder affect family members](https://www.nimh.nih.gov/health/topics/hoarding-obsessive-compulsive-disorder-ocd/index.shtml)
- For further information or confidential assistance:
  *Email a description of your concern to clutterhelp@admboard.org or call (330)-762-3500 and ask for the Hoarding Coordinator.*