

RESOURCES:

CLEANING, PEST CONTROL, & CRISIS LINE

Cleaning:

SERVPRO: 608-786-0387, their website quotes, “Every situation is unique and needs to be handled as such, they will provide an estimate before any work begins”.

www.servprolacrossecounty.com

Pest Control:

WIL-KIL Pest Control: 608-825-1000 ext. 1
General Pest Control, bedbug infestation & remediation. Call for a quote.

www.wil-kil.com

You Are NOT Alone.

988 Suicide & Crisis Lifeline:

If you or someone you know is feeling suicidal, please use the 3-digit Nationwide phone number to the Suicide and Crisis Lifeline. You can call or text “988” to seek confidential support. People are available to help 24/7. It is a free service available to anyone in crisis. Hoarding Disorder is an emotionally, physically, and socially difficult disorder to live with and manage. There are people available to help you, please do not try to manage your situation alone.

Please also refer to your phone directory or Google for additional resources.

RESOURCES:

SELF-HELP AND THERAPY

- <https://clutterersanonymous.org>
- <https://childrenofhoarders.com>
- www.helpguide.org (There is a Topics A-Z at the bottom of the page, if you click on “Anxiety” it will open additional options including Hoarding Disorder & Helping Someone with Hoarding Disorder)
- **Facebook group:** The Clutter Movement= Individual or Support
- **Facebook group:** The Hoarding Task Force Network

Resource Assistance:

Great Rivers 2-1-1: Call, text, chat, or search online for local services and resources. They also provide supportive listening. Call 2-1-1 or visit www.greatrivers211.org

Local Therapists:

Peace of Mind Counseling, LLC

115 5th Ave. South Suite 523

La Crosse, WI. 54601

608-397-0912 or 608-782-4426

<https://pomcounselingllc.com/>

Please also refer to your phone directory or Google for additional resources.

BEST APPROACHES:

DO'S AND DON'T WHEN HELPING OTHERS

Do's:

- Build trust, listen, set goals, let them lead the process.
- Talk to the person about how this began.
- Ask how you can help or who they're willing to allow to help them, and respect that.
- Be patient and allow them to choose what stays or goes out of their home.
- Encourage a safe and healthy environment.
- Understand that it isn't just about the “stuff”.
- Address physical/medical needs, safety concerns, hygiene, nutrition, and financial difficulty. There are resources available to meet these needs, ask for help & references.
- Seek professional help to address mental health needs, allow someone to assist with organizing/cleaning/purging of items, and ensure rooms can be used for their intended purposes (cooking, sleeping, etc.)

Don'ts:

- Shame, blame, or assume anything without knowing the individual's story and understand why/how this came to be.
 - Touch or throw items without permission
 - Believe that there is a quick fix.
 - Focus on the “stuff” & forget that there is a person who is struggling, they have an identity other than this disorder.
 - Ignore any landlord, City, or County code or health violations as this could result in eviction or condemnation of the property.
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