

## HOARDING AND CLUTTER RESOURCES

These resources include definitions, tools, supports and guides for those working and/or living with Hoarding Disorder, which is a mental health disorder now included in the DSM V Manual (Diagnostic and Statistical Manual of Mental Disorders, 5<sup>th</sup> edition)

Psychology Today: <https://www.psychologytoday.com/us/conditions/hoarding-disorder>

Clutter Image Rating Scale: <https://hoarding.iocdf.org/wp-content/uploads/sites/7/2016/12/Clutter-Image-Rating-3-18-16.pdf>

Clutter Image Rating Scale downloadable phone app:  
<https://itunes.apple.com/us/app/clutter-image-rating/id981642952?mt=8>

Hoarding Fact Sheet: <https://iocdf.org/wp-content/uploads/2014/10/Hoarding-Fact-Sheet.pdf>

International OCD Foundation: <https://hoarding.iocdf.org/>

State of CT: <https://portal.ct.gov/search-results/?q=Hoarding#gsc.tab=0&gsc.q=Hoarding&gsc.page=1>