

Resources/Assistance for the Citizen

- Several self-diagnostic quizzes online
- 12 step programs online and in person Clutterless, Clutterer's Anonymous, Messies Anonymous, etc.
- Buried in Treasures workshop
- Professional organizer – could be in personal or virtual
- Collaborative Therapy – usually involving a psychiatrist and an organizer. May include several others on the team.
- County Mental Health services
- Social workers and other therapists
- Private Junk Haulers

For those with low income you may want to consider:

- Church groups – free labor, possibly counseling
- Rotary
- Neighbors/Friends may donate trash runs by pickup
- Football and other teams might run trash from house to trucks going to dump
- Grants
- Thrift stores that are willing to pick up donations for free
- Homelessness Advocacy groups may have volunteers to help people avoid eviction that might help
- Dumpster/Trash companies – may donate a dumpster or two as community service
- Loaner trucks from your sanitation dept. A local city near us will drop an empty dump truck at a citizens home at the end of the day and will pick it up the next morning. They charge \$85 and the homeowner can fill as much as possible for that amt. Usual rates for a private industry truck is approx. \$700.