

Hoarders are just lazy people who don't care about their homes

THIS ISN'T TRUE.

Hoarding is a medical condition, often caused by untreated anxiety or depression.

If people find out I'm a hoarder,
I'll lose my home

THIS ISN'T TRUE.

If you're affected by hoarding, there is
support available.



#hoardinghelp



Only older people hoard.

THIS ISN'T TRUE.

Hoarding behaviours can begin at any age, and can tend to appear in childhood and adolescence.



#hoardinghelp



Just chucking everything out will solve a hoarding problem.

THIS ISN'T TRUE.

Decluttering without addressing the reason for collecting does not resolve a hoarding behaviour, and can often be damaging.



#hoardinghelp



When the level of hoarding is really bad, nothing can be done.

THIS ISN'T TRUE.

All levels of hoarding are resolvable - it all starts with the same first step of asking for support.



#hoardinghelp

