

To Those Who Hoard and Those Who Love Them

Sometimes life gets out of hand and we try and try to get a handle on things but what we intended to accomplish and expected to be a realistic plan doesn't work out as hoped, leaving us feeling discouraged, overwhelmed and defeated.

Elaine Birchall MSW, RSW of Birchall Consulting will help you get started and support you to keep going until you reach your goals. She will help you find the help you need in your area. You deserve to live a life without clutter, guilt, blame, self-criticism and a feeling of being overwhelmed.

The Impact of Hoarding

Hoarding wastes the one life you get. It comes between you and enriching relationships. It is a poor substitute for the emotional comfort of loved ones. It overwhelms you and leaves you ashamed and isolated.

There is help available and a way out from under.

You must take the first step and ask for help, and keep asking until you find someone who really listens!

Hoarding is an individual's internal response to the stresses in their life sometimes complicated by other accompanying health problems.

Our consumer society greases the slippery slope!