

MONEY MANAGEMENT

Debtors Anonymous (DA)

www.debtorsanonymous.org

(800) 421-2383

DA is a 12-step recovery program modeled after AA for under-earners or over-spenders. DA offers free Face-to-Face & “real-time” phone meetings but zone charges apply.

Social Security Payee Program

www.socialsecurity.gov/payee/

(800) 772-1213

This program provides assistance with financial management for people who receive social security checks of any type.

SOCIAL SERVICES

Adult Protective Services (APS)

www.sfhsa.org/138.htm

(800) 814-0009, 24hrs.

24hr Elder Abuse Report Line

APS addresses various types of abuse including self-neglect (excessive collecting) for elders & persons with disabilities.

Social workers provide counseling & case management.

SF Human Services Agency

(415) 557-5000 or Seniors: 211

This is the entry point to receive a wide range of services in SF from General Assistance funds to Medi-Cal Health care insurance. Call ahead to be routed to the correct department for your needs.

The Institute on Aging (IOA)

www.ioaging.org

The Friendship line: (415) 752-3778

Main line: (415) 750-4180

The IOA offers case management for seniors & persons with disabilities, including money management. The Friendship line is a 24-hour chat line providing emotional support.

SIGNS THAT YOU MAY HAVE DIFFICULTY WITH CLUTTER:

- Do you find it challenging to discard or let go of your possessions?
- Do you have difficulty passing up on a bargain, “freebie,” yard sale or reading materials?
- Are your rooms and/or furniture unusable for their intended purpose?
- Are you feeling overwhelmed or distressed by the amount of stuff in your living space?
- Are you embarrassed to allow visitors inside?
- Are you in financial or housing trouble because of collecting and storing your possessions?
- Could your collected things pose a potential health, safety, or fire hazard?

The Mental Health Association of San Francisco (MHASF) provides a wide range of free services including:

1. A monthly open-house.
2. Drop-in support groups.
3. Therapist-led support groups for family and friends.
4. Peer-led and therapist-led 16 week treatment groups.
5. Recovery maintenance groups.
6. “Clearinghouse” support group for LGBT 55+
7. An annual conference gathering together consumers and service providers from all over the world.

For more information

www.mentalhealthsf.org



SAN FRANCISCO RESOURCE LIST FOR MINIMIZING CLUTTER

By The Mental Health Association
of San Francisco

&

The Institute on Compulsive Hoarding
and Cluttering



870 Market Street

Suite 928

San Francisco, CA 9410

415-421-2926

www.mentalhealthsf.org

CLEAN-UP HELP

In-Home Supportive Services (IHSS)

<http://www.sfhsa.org/137.htm>

(415) 355-6700

Through the Department of Aging & Adult Services, IHSS provides home care services for older adults & individuals with disabilities. *Free to the lowest income, otherwise you pay "a share of cost."*

Enterprise for High School Students

www.ehss.org

(415) 392-7600

EHSS provides student support, training & supervision while connecting their workforce with outside employers including low-cost housekeeping opportunities from private individuals.

COMPUTER ACCESS

SF Public Library

(415) 557-4400 (main library) or city-wide website <http://sfpl.org/>
Library cardholders may use branch computers for up to 2 hours a day for free. Free computer classes teaching adults & seniors how to better use computers. Check with branches for specific info.

CONSIGNMENT STORES

Crossroads Trading Company

<http://crossroadstrading.com>

(415) 552-8740

Get 35% instant cash or 50% store credit after your used goods have been sold by this store that specializes in mostly clothing.

Urban Ore

www.urbanore.com

(510) 841-7283

They take virtually any reusable item; give instant 10% cash or 20% credit after item has been sold. Some pick-up available.

DISPOSAL

Recology of San Francisco (The City Dump)

www.recologysf.com

(415) 330-1400

Free curbside pickup of 10 large items such as sofas & 10 boxes, 1X per year for apartments, 2X per year for houses + more services.

Postal Chasers

www.postalchase.com

(415) 567-7447

Postal Chasers provides paper shredding at \$1/pound of paper. Have four SF locations & some allow you to watch the shredding.

DONATIONS

The Arc of San Francisco

www.thearcsf.org

(415) 255-7200 main number, (415) 626-5710 schedule pick-up. Curbside pickup available for donations of big & small household goods. The Arc supports persons with developmental disabilities.

Goodwill Industries

www.sfgoodwill.org

(415) 575-2100 general information

(415) 575-2137 pick-up service

Thrift store receives donations at various locations throughout the Bay Area. They also have a waiting list for curbside pick-up. Call to schedule a pick-up appointment.

Clutter-Free Organizing Services

www.clutterfreeservices.com/resources.html

(415) 346-3205

Website provides a massive resource list for services to assist in the process of decluttering. They help with organizing & cleaning for a negotiated fee. Have Podcasts & Blogs available for donation.

EMOTIONAL SUPPORT

Clutterers Anonymous (CLA)

<http://clutterersanonymous.org>

(866) 402-6685 national (206) 309-7926 for SF info

CLA is a 12-step recovery program for clutterers & is modeled after Alcoholics Anonymous. CLA offers free Face-to-Face & "real time" phone meetings but zone charges apply. There are two physical meetings in SF. Email janeleansup@att.net for SF info.

The Mental Health Association of San Francisco, the Institute on Compulsive Hoarding & Cluttering & the Peer-Run Warm Line

www.mentalhealthsf.org

(855) 845-7415 Warm Line (415) 421-2926 main line

We provide free emotional support & referrals via online & phone 7am – 11pm daily. Free decluttering support groups available.

SF County Behavioral Health ACCESS Line

(888) 246-3333

Access Line is the entry point for mental health services in SF. Offers 24 hour referrals to specialty behavioral health services.

The Obsessive Compulsive Foundation

<http://www.ocdbayarea.org/>

(415) 273-7273

They offer support groups & referrals for help with OCD & Hoarding. SF group meets 1st Tues. of the month.

LEGAL ASSISTANCE

Eviction Defense Collaborative (EDC)

www.evictiondefense.org

(415) 947-0797

EDC assists in filing appropriate legal papers upon receiving an eviction summons & complaint (5 day notice) & an unlawful detainer. This notice **includes** week-ends. Contact EDC **IMMEDIATELY** for free & low-cost legal & some social services.