

MONEY MANAGEMENT

Debtors Anonymous (DA) {also try Under-Earners Anonymous}

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” Zoom, & 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 & adults with disabilities.

Social workers provide counseling & case management.

SF Human Services Agency

(415) 557-5000 9 to 5 or 311 24 hours a day

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: 888-670-1360

Main line: (415) 750-4111

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.

“Support at Home” gives hands on clean-up support for fee.

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. Zoom Groups during the Covid-19 pandemic.
2. Drop-in support groups on Hoarding Disorder.
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.
8. Various types of one-to-one support.
9. Support groups for African Americans, LGBTQ, depression, stress, anxiety, autism, borderline personality, hearing voices, OCD, & wellness groups.



SAN FRANCISCO RESOURCE LIST FOR MINIMIZING CLUTTER

By The Mental Health Association
of San Francisco



870 Market Street
Suite 928
San Francisco, CA 9410
510-306-4527

For more information

www.mentalhealthsf.org

peersupportservices@mentalhealthsf.org

Compiled by Elizabeth Barr – Peer Counselor

revised 1/11/22

*This is a referral list & doesn't indicate a recommendation or endorsement of the organizations provided.

CLEAN-UP HELP

In-Home Supportive Services (IHSS)

<http://www.sfhhsa.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 Youth **(might be closed during pandemic)**

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.

****See Institute on Aging for clean-up help under Social Services**

COMPUTER ACCESS

SF Public Library **(Service unavailable during pandemic)**

(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

Community Thrift

www.communitythriftsf.org

(415) 861-4910

They accept donations on behalf of over 200 charities (including MHASF). They sell the items and then disburse a portion of the proceeds to the charity of your choice.

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. Pick-up service on hiatus during pandemic.

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 for the national number.

CLA is a 12-step recovery program for clutterers & is modeled after Alcoholics Anonymous. CLA offers free Face-to-Face & "real time" Zoom, & phone meetings but zone charges apply. There are one Zoom meetings in SF. Call or text Larry at 415-378-5446.

The Mental Health Association of San Francisco, Peer Support Services Team & the CA. 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 24hr daily. Free decluttering support groups available on Zoom & phone.

SF County Behavioral Health ACCESS Line

(888) 246-3333

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

The Obsessive Compulsive Disorder Foundation **(On Hiatus)**

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

Rebecca Massie rebecca@thebetterbecauseproject.org

They offer support groups & referrals for help with OCD & Hoarding. SF group meets 2nd 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.