

Struggling with Clutter?

It is estimated that 1 in 20 people have some level of hoarding behavior. This would mean that in Greater Victoria persons living in almost 11,000 homes are affected by excessive clutter or hoarding disorder.

H.E.A.T.

Hoarding Education and Action Team

Founded in 2012 and uses a collaborative approach to help people struggling with clutter and hoarding disorder in Greater Victoria. We also refer people outside Greater Victoria to local resources.

HEAT includes:

- Island Health services
- Fire departments
- Professional organizers
- SPCA
- Bylaw enforcement
- Concerned non-profit groups
- For-profit landlords
- Volunteers



HEAT recognizes that hoarding exists in our communities and that it represents a significant health and safety risk for the hoarder, first responders and the community at large.

OUR GOALS:

1. Safety is the first priority
2. Finding helpful resources for clients with a hoarding problem
3. Maintaining ongoing support
4. Keeping people in their homes
5. To help assess the situation and get assistance

To access HEAT, please call the Hotline at [250-361-0227](tel:250-361-0227)

Peer Support

In recognizing the challenges of having a hoarding disorder, HEAT members are working together to provide support. We have formed a Peer Support Group, which meets 4 times per month. In this group we utilize the “Buried in Treasures” workbook to help us address the issues our clients are struggling with.

This is a non-judgemental group in a supportive environment, where we share struggles, strategies and victories with other community members. This group will also receive additional support from clinical staff of Island Health when appropriate.



The HEAT peer support group has two locations for meetings:

- 1) Royal Jubilee Hospital Eric Martin Pavilion (2334 Trent Street), room 609. Meets on the **second** and **fourth** Wednesday of each month from 3:00pm until 4:30pm.
- 2) Community Health Services 1125 Pembroke Street, RAS room (see website for detailed directions). Starting January 15th 2020, will hold meetings on the **first** and **third** Wednesday of each month from 5:00pm until 6:00pm

For more information or any potential changes to meeting dates please check our website at:

www.islandhealth.ca/heat or call the hotline.

For additional online support, please join the Vancouver Island Hoarding and Clutter Support Facebook Group: <https://www.facebook.com/groups/HEATgroup/>