

Hoarding Advocacy Support Service

What is a hoarding disorder?

Hoarding disorder is a condition where a person struggles to let go of possessions. They feel a strong need to keep things and experience distress when attempting to discard them. Over time, this leads to excessive clutter, which can disrupt daily life and impact wellbeing.

About Us

The Hoarding Advocacy Support Service (HASS) aims to reduce the symptoms and impacts of hoarding behaviours, enhance the quality of life for individuals affected by hoarding and squalor, and mitigate the broader impact of these issues on the community.

Contact Us

For more information, please call Woden Community Service main reception on **(02) 6282 2644** or email **HASS@wcs.org.au**.

The HASS initiative has been funded by the Australian Capital Territory Government

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Our Group Support Programs

Buried in Treasures

A free 16-week group program for community members affected by hoarding. Using cognitive behavioural therapy (CBT) techniques, participants gain insight into factors contributing to hoarding behaviours and develop strategies for positive change.



Family as Motivators

A free 10-week program for those supporting a family member or loved one with hoarding behaviours. The program covers strategies to encourage help-seeking, foster constructive conversations, minimise harm, and support carer wellbeing.



Early Intervention

Eligible participants can access short-term support with a recovery worker. Sessions include practical support and activities focused on motivation, decluttering, acquiring, and organising. The service aims to build participants' capacity, confidence, and readiness for change.



Community Training

HASS provides free training for professionals supporting individuals affected by hoarding. Training covers the causes and impacts of hoarding disorder and offers guidance on engagement and effective support strategies.

