



Behavioral Health Counseling

Name	Location	Services	Contact	Hours, Notes
Beacon Behavioral Health Associates	243 Main St Suite 1 Buzzards Bay	Psychotherapy, psycho-pharmacology consults & medication management services Couples, family & group therapy	(508) 743-5542 https://www.beaconbehavioralhealthassociates.com/	Adult, adolescent, and child counseling services. Group therapy Telehealth
Behavioral Psychiatric & Psychological Associates	923 Route 6A Unit DD Yarmouth Port	Small private practice treats a spectrum of psychiatric and psychological problems with therapy and medications as needed	(508) 362-6868 https://www.psychologytoday.com/us/psychiatrists/behavioral-psychiatric-psychological-associates-yarmouth-port-ma/59208	By appointment only.
Cape Cod Healthcare Behavioral Health	Hyannis: 27 Park St (hospital) 460 West Main St (outpatient) Harwich: 525 Long Pond Dr	Adult Inpatient Services Emergency & Consultative Services Intensive Outpatient Program Outpatient Mental Health Services Partial Hospital Program Child, Adolescent & Adult Outpatient Psychiatric Services Patient & Family Support	Crisis line: (800) 513-4728 Acute services admissions: (508) 726-2911 Outpatient appts: (508) 790-3360 https://www.capecodhealth.org/medical-services/behavioral-health/	24/7 phone consultations



Cape & Islands Cognitive Behavior Institute	704 Main St Falmouth	Treatment specific to hoarding disorder. Individual & group Cognitive Behavioral Therapy for obsessive compulsive disorder, panic disorder, social anxiety, & phobias	(508) 457-3160 https://www.capecbi.com/ mailto:info@capecbi.com	Monday to Friday 9a – 8p Accept out of network coverage by request Remote and in home
Community Health Centers of Cape Cod Behavioral Health	Bourne, Centerville, Mashpee, Provincetown, Wellfleet	Addiction assessment & counseling Adult psychiatry Depression and anxiety screening Short- and long-term counseling Substance abuse support Trauma counseling	508-477-7090 https://chcofcapecod.org	Accepts most health insurance plans Spanish & Portuguese available
Duffy Health Center	94 Main St Hyannis	Offers services to hoarders that become homeless or are at risk of becoming homeless	(508) 771-9599 https://duffyhealthcenter.org/	Mon-Wed 8a - 5p Thurs 8a - 12p; 2 p - 5p Fri 8a - 5p
Family Continuity	29 Bassett Ln Hyannis 19 Old South Rd	Mental health clinic services, therapy, assessments, emergency response, self,	(866) 219-3320 (508) 862-0600 https://familycontinuity.org/	Open 24/7 Accepts most health insurance plans



	Nantucket	family, agency and clinical referrals accepted In home and outpatient		
Gosnold Outpatient Counseling Center	1185 Falmouth Rd Centerville 196 Ter Heun Dr Falmouth	Helping youth, adults, families, and communities heal from mental health, substance use, and co-occurring illnesses through a comprehensive range of programs and services Inpatient, partial hospitalization, outpatient & community programs	(800) 444-1554 https://gosnold.org	Accepts most health insurance plans
Harbor Community Health Center	735 Attucks Ln Hyannis	Complex care and social support services; behavioral health integrated with primary care	(508) 778-5420 https://www.hhsi.us/locations/harbor-community-health-center-hyannis/	Monday – Friday 8a – 5p Saturday 8a – 12p Telehealth
NAMI Cape Cod & the Islands	5 Mark Ln Hyannis	Support, education, & advocacy programs for individuals with mental illness and their families	(508) 778-4277 https://namicapecod.org/	Local support group list: https://namicapecod.org/wp-content/uploads/2023/10/22090_Support_Print_Sheet_Q.pdf
Relief Home Services	35 Winter St #301 Hyannis	Medical and psychiatric visiting nurse team that is committed to	(508) 827-7954	Monday – Friday 9a - 5p



		providing dependable, high quality comprehensive home related services Psychiatric nursing, occupational & physical therapy, home health aides	https://www.reliefhhs.com	Physician referral required
Samaritans of Cape Cod & the Islands	13 Steeple St Mashpee	Crisis line, senior outreach program, safe place support groups	Local Crisis line: (508) 548-8900 National: 988 Office: (508) 548-7999 https://capesamaritans.org	*No clinical services
South Bay Community Services	Outpatient & Community Behavioral Health Clinic 50 Aldrin Rd Plymouth	Works specifically with hoarding disorder in familiar surroundings, individual counseling	(508) 521-2200	Accepts most health insurance plans
Vinfen Cape Cod & Islands PACT	950 Cambridge St Cambridge	Offers the evidenced-based practice of Program for Assertive Community Treatment (PACT) to people living in surrounding areas including Metro Boston, Essex North, Quincy, Plymouth, and on Cape Cod and the Islands, which provides effective rehabilitative and clinical services to people with mental health conditions.	(877) 284-6336 (617) 441-1800 https://vinfen.org/services/outreach-services/	Referrals through Dept. of Mental Health & select insurance providers, telehealth



Cleaning and Restoration

Name	Location	Services	Contact	Hours, Notes
1-800-GOT-JUNK	14 Roberts Rd #2 Plymouth	Removal of non-hazardous household goods Charge based on volume (% of truck filled) or single item	(800) 468-5865 https://www.1800gotjunk.com/	Free onsite estimates Online booking available Same day service
Address Our Mess	One person in MA covers many states	Professional specialty cleaning company that handles hoarding, clutter, sorting, removal & larger organizational projects	(855) 676-7848 https://clutterhoardingcleanup.com/cleanup-teams/locations/massachusetts	Contact 24/7 Includes assigned case manager
Aftermath	215 Plain St #3 & 4 Attleborough	Hoarding clean up services “Our job is not to judge; our job is to clean and disinfect so your home safe and livable again”	(855) 517-2406 https://www.aftermath.com/services/specialty-services/hoarding-cleanup/	Contact 24/7
Disaster Specialists	9 Jan Sebastian Dr Sandwich	Cleanup, restoration, and reconstruction services	(800) 675-3622 https://disasterspecialists.com/other/	24/7 Emergency Services



Enviroclean Restore	111 Forge Rd Westport	Hoarding clean up services. Debris removal, human and animal waste removal, organization, recycling	(888) 231-3130 https://www.ecrestore.com/services/hoarding-cleanup/	Contact 24/7
Life Cycle Transitions	333 Riciutti Dr Quincy	Creates safe, healthy and sustainable home environment Sorting, packing, removal, cleaning, relocation, repairs and renovation	(877) 273-7810 https://lifecycletransitions.com/hoarding-cleanup-assistance/	Free in home evaluation
Oceanside Restoration	217 Thornton Dr Hyannis	Rapid restoration services, water, fire, mold, vandalism, animal damage	(800) 464-3318 https://oceansideinc.com/	24/7 Emergency Services
RESCON Cape Cod	110 Old Town House Rd South Yarmouth	Fire, water, mold remediation, biohazard, structure and content cleanup.	(833) 473-7266 https://gorescon.com/services/mitigation	24/7 Emergency Services
Service Master South Shore	18 Jan Sebastian Dr #6 Sandwich	Water damage, mold removal, biohazard cleanup, sanitization	(508) 452-2833 https://www.servicemasterrestore.com/residential/specialty-services/hoarding-cleanup/	24/7 Emergency Services



SERVPRO Mid-Outer Cape Cod	17 Atlantic Ave South Dennis	Mold remediation, biohazard cleanup, odor removal	(774) 470-3880 https://www.servpro.com/locations/ma/servpro-of-mid-outer-cape-cod	Serves Mashpee to Provincetown
Upper Cape Cod & the Islands	108 State Rd Sagamore Beach	Cleanup and restoration	https://www.servpro.com/locations/ma/servpro-of-upper-cape-cod-and-the-islands	Serves Bourne, Falmouth, Sandwich, & Islands

Donations

Name	Location	Description	Contact	Hours, Notes
Boutique on the Buy Way	Queens Buy Way 47 North Main St Falmouth	Upscale consignment store only accepts like new quality clothing Call for appointment	(774) 255-1916 https://boutiqueonthebuyway.com/	Wednesday to Saturday 11a to 5p
Cape Abilities Thrift Shop	316 Route 28 Yarmouth	Accepts tax deductible donations of furniture and collectibles in good condition Supports individuals with disabilities on Cape Cod	(508) 771-4072 https://www.capeabilityesthrift.org/ Donations Policy: https://www.capeabilityesthrift.org/donate-items	Daily 10a to 4p



Cape Cod Recycles	142 Corporation St Unit #1 Hyannis	Fee for service: Donation & furniture pickup Residential cleanouts/dump runs Electronics disposal Paper & document shredding	(855) 732-5865 Text (774) 836-7121 http://capecodrecycles.com/ Call or book online	Monday to Saturday 6a to 9p 30% return on sold items or choose a charity to donate to
Family Pantry of Cape Cod	133 Old Queen Anne Rd Harwich	Accepts clothing, housewares and non-perishable food, No upholstered furniture, large appliances, electronics, medical equipment, children's toys, academic books (see online list)	(508) 432-6519 https://www.thefamilypantry.com/Thrift-Shop	Tuesday & Thursday 8a-3:30p Wednesday 8a-12p Donations are accepted at the rear of the building
Friends of Eastham Thrift Shop	580 Massasoit Rd Eastham	Accepts gently used items. NO large furniture or appliances.	(774) 207-0160 https://www.facebook.com/people/Eastham-FECOAThrift-Shop/100069720724993/	Monday & Thursday to Saturday 10a – 3p Donations accepted Tuesdays 10a – 2p
Habitat for Humanity	28 Whites Path South Yarmouth 805 Gifford St Ext Falmouth	Accepts new or used items in excellent condition including furniture, appliances, building materials, cabinets, lighting. No clothing.	(508) 394-6400 https://www.restorecapecod.org/restore-donation	Monday to Saturday 9a- 4:30p Schedule pickup online with photos of items



Hidden Gem Consignment	47 Main St Orleans	Clean those attics, basements and garages so you can share your rediscovered treasures with the rest of the world. Contact us for an appointment.	(774) 801-2667 www.hiddengemcapecod.com	Tuesday to Saturday 10a – 3p
Katy's Korner Lower Cape Outreach Council	19 Brewster Cross Rd Orleans	Donations of new & gently used: accessories, books (excluding encyclopedias), clothing (in season), home decor, home goods, artwork, linens, housewares (small appliances in working order)	(508) 240-0694 lcoutreach.org/katys-korner *unaccepted items listed at link above	Monday to Friday 9a-12p
Mass Appeal	2393 Route 6 Wellfleet	We are grateful for donations of gently used clothing, shoes, small toys and children's books. No furniture or household goods.	(508) 349-1173 www.ccmassappeal.org	Tuesday to Saturday 9a- 12p Outdoor donation bin available when closed.
Rainbow's End Consignment Shop United Methodist Church	1056 Main St Osterville	Thrift and consignment shop, proceeds support the church. Accepts clothing, jewelry, small furniture	(508) 428-5304 https://ostervillechurch.umcchurches.org/rainbows-end-consignment-shop/	Wednesday to Saturday 10:30a- 3p



St. Vincent DePaul Thrift Shops	<p>5 Armory Rd Buzzards Bay</p> <p>4463 Route 28 Cotuit</p> <p>18 Davisville Rd East Falmouth</p>	<p>Accepts good quality used clothing and household items Call ahead for large items</p> <p>https://www.facebook.com/svdpt/hriftfalmouth</p>	<p>(508) 759-7171 Tuesday to Friday 10a-4p</p> <p>(508) 420-0949 Tues, Thurs, Sat 10a-3p</p> <p>(508) 540-0505 Wed – Sat 10a-3p</p>	Donations before 12p
Salvation Army Family Store	<p>174 Route 28 West Yarmouth</p> <p>Donation bins Cape wide</p>	<p>Donations fund rehabilitation programs. Household goods & clothing. Vehicle donations. Scheduled pickups.</p>	<p>(800) 728-7825 https://www.salvationarmyusa.org/usn/</p> <p>Find a donation location, schedule a pickup, or donate your vehicle: https://satruck.org/</p>	Monday to Saturday 10a – 5p

Professional Organizers

Name	Location	Description	Contact	Hours, Notes
Julie Brooks, Peaceful Place Organizers Cape & Islands	291 Satucket Rd Brewster	Provide compassionate, hands-on help for decluttering and organizing all parts of your home, as well as packing/unpacking, move	<p>(508) 246-7866 https://www.peacefulplaceorganizers.com/ Email: julie@peacefulplaceorganizers.com</p>	<p>Free 15-minute phone consultation</p> <p>How To videos on website</p>



		management, paperwork and senior downsizing		
Nicole Gabai, B. Organized	Remote	Virtual organizing for home & office, custom closet solutions, moving planning	(917) 439-7775 https://www.b-organized.net/ Email: nicole@b-organized.net	Free ½ hour phone consultation
Terry Gavin, Professional Organizer	Cape Cod	Assist sorting possessions & deciding what to keep, donate, sell Arrange disposal of items List items for sale on craigslist.org Re-organize retained items Pack up /label items for storage	https://www.terrygavinsolutions.com/organizing/ Email: terry@terrygavinsolutions.com	
Institute for Challenging Disorganization	National, online	Provide education, research and strategies to benefit people affected by chronic disorganization & professionals who work with them	(800) 674-7818 https://www.challengingdisorganization.org	
Lynne Johnson, Certified Professional Organizer in Chronic Disorganization	Remote	Coaching for those with ADD, ADHD, OCD, hoarding disorder, learning differences, traumatic brain injury or other brain-based challenges	(857) 939-8748 https://www.lynnejohnson.com/ Email: lg@lynnejohnson.com	Services provided by phone or video call



Deborah Scavotto, Smooth Moving for Seniors	Cape & Islands	Provide assistance to seniors and their families with decision-making, downsizing and moving, emotional support during the entire relocation process	(508) 320-1518 http://www.smoothmovingforseniors.com/ deborah@smoothmovingforseniors.com	Free 1 hour in home consultations
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