

## **Circle of Care: A Guidebook for Mental Health Caregivers**

The National Alliance for Caregiving's mission is to advance family caregiving through research, innovation, and advocacy so that families across the spectrum of health and long-term care can have an improved quality of life. The [Circle of Care guidebook](#) is designed to assist and support unpaid friends, family, and neighbors who care for someone with a mental health condition. You can access the guidebook pdf or you can go to the Circle of Care home page at <https://www.caregiving.org/circleofcare/> and access specific sections individually.