

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.