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Circle of Care: A Guidebook for Mental Health Caregivers

The National Alliance for Mental Illness (NAMI) partnered with the National Alliance for Caregiving (NAC) to create [Circle of Care: A Guidebook for Mental Health Caregivers](#). This guidebook emerged from the national study on mental health caregiving, “On Pins and Needles: Caregivers of Adults with Mental Illness.” This study’s findings were released in February 2016. It was the first national survey of mental health caregivers conducted in the United States, and it identified numerous challenges faced by these caregivers.

Like our other resources for family caregivers, Circle of Care is designed to guide unpaid friends, family and neighbors who care for someone with a mental health condition. Fact sheets included are intended to assist these caregivers with finding help for the specific challenges identified in the On Pins and Needles study.

Circle of Care includes fact sheets that cover:

- Finding the Right Provider
- Communicating with Health Professionals
- Getting an Accurate Diagnosis
- Discharge Planning
- Health Insurance
- Community Services
- Dealing with the Criminal Justice System
- Planning for the Future
- Confidentiality and Family Involvement
- Taking Care of Yourself