

# Circle of Support and Circle of Care

## Sharing Information and Working Together

### Notes:

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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:  
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

*Prepared by:* Mental Health and Addictions, Northern Zone  
*Designed by:* Nova Scotia Health Library Services

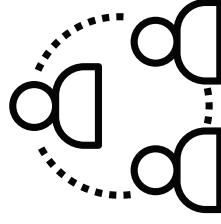
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To be reviewed November 2025 or sooner, if needed.

# Circle of Support and Circle of Care

At Mental Health and Addictions, we are committed to working with you. We encourage you to involve people who support you in your treatment and recovery.

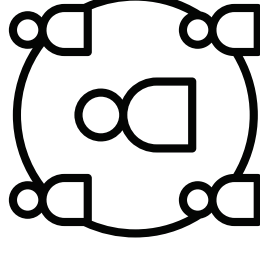
## Circle of Support

- Your Circle of Support is the loved ones who you have chosen to support you. The people in your Circle of Support need information so that they understand how to help you in your treatment and recovery.
- Together, we will fill out a *Consent to Share Information with Family and Friends – Your Circle of Support* form. You can use this form to tell us:
  - > who you would like in your Circle of Support.
  - > what personal information you would like us to share with them.
- **You can change the information in this form at any time.**



## Circle of Care

- Your Circle of Care is the members of your health care team who are involved in your care.
- This includes health care providers like doctors, nurses, nurse practitioners, pharmacists, psychologists, social workers, and others.
- Your personal information is always available to people in your Circle of Care. You **do not** need to complete a consent form to share this information with them.



Sharing information with people in your Circle of Support and Circle of Care can improve your care experience and make the quality of care you receive better.

Please feel free to talk with any member of your health care team about sharing information within your Circle of Support and Circle of Care.