

MENTAL HEALTH

RESOURCE LIST

While cycling and physical activity can be a powerful tool for supporting mental health, we recognize it is not a single solution, and it's important to be aware of other resources available. Below is a non-exhaustive list of resources to help you get started in your journey to learn more about mental health.

For Individuals:

[Mental Health 101 Resources from Mental Health America](#)

[Free Mental Health Screening from Mental Health America](#)

[Centro de Recursos de Salud Mental en Espanol \(Mental Health America\)](#)

For Educators, Schools, and Youth Program Providers

[Classroom WISE: Wellbeing information and strategies for educators](#)

[Mental Health America's Back to School Resource Lists](#)

[The Baker Center Report on Mental Health and Schools: Best Practices to Support Our Student](#)

For Employers + Employees

[Being a StigmaFree Company \(NAMI\)](#)

[Working from Home \(NAMI\)](#)

[Mental Health: A Guide for Employees \(NAMI\)](#)

HELP LINES:

NAMI Helpline: 1-800-950-NAMI (6264), text "HelpLine" to 62640 or email at helpline@nami.org

Crisis Text Line: <https://www.crisistextline.org/> or text HOME to 741741 to connect

988 Suicide & Crisis Lifeline: National network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress.

Dial 988 24 hours a day, 7 days a week.

The Trevor Project: Call 1-866-488-7386 or text START to 678678. A national 24-hour, toll free confidential suicide hotline for LGBTQ+ youth.



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