



Mental Health Resource List

While cycling and physical activity can be powerful tools for supporting mental health, we recognize it's not a single solution, and it's important to be aware of the 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

1. **[Mental Health 101: Resources from Mental Health America](#)**
2. **[Free mental health screening from Mental Health America](#)**
3. **[Centro de recursos de Salud Mental: En Espanol \(Mental Health America\)](#)**

For Educators, Schools, and Youth Program Providers

1. **[Classroom WISE: Wellbeing information and strategies for educators](#)**
2. **[Mental Health America's Back to School Resource Lists](#)**
3. **[The Baker Center Report on Mental Health and Schools: Best Practices to Support Our Students](#)**
4. **[Mental Health Resources for Youth: CalHHS](#)**

For Employers + Employees

1. **[Being a Stigma Free Company \(NAMI\)](#)**
2. **[Working from Home \(NAMI\)](#)**
3. **[Mental Health: A Guide for Employees \(NAMI\)](#)**

Help Lines

1. **NAMI Helpline:** 1-800-950-NAMI (6264), text "HelpLine" to 62640 or email at helpline@nami.org
2. **Crisis Text Line:** <https://www.crisistextline.org> or text HOME to 741741 to connect
3. **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
4. **Dial 988 24 hours a day, 7 days a week.**
5. **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.