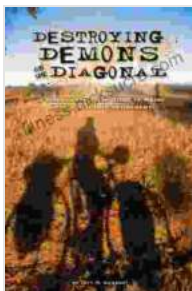


# Destroying Demons On The Diagonal: Firefighter San Diego To Maine Bicycle Ride

In the tapestry of life, we are all faced with our own unique challenges and adversities. For some, these challenges may seem insurmountable, like menacing demons that haunt our every thought and action. But even in the darkest of times, there is always a glimmer of hope, a flicker of resilience that can guide us towards healing and recovery.

For firefighter and mental health advocate Mike Borrello, that glimmer of hope came in the form of a bicycle ride. After losing his brother to suicide and struggling with his own mental health challenges, Mike embarked on a cross-country bicycle ride from San Diego, California to Orono, Maine. His mission was to raise awareness about mental health issues, particularly among first responders and military veterans, and to inspire others to seek help when they need it.



## Destroying Demons on the Diagonal (A Firefighter's San Diego to Maine Bicycle Ride into Retirement)

by Jeff Sambur

★★★★☆ 4 out of 5

Language : English

File size : 1059 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 335 pages

Lending : Enabled

Screen Reader : Supported



Mike's journey, which he called "Destroying Demons On The Diagonal," was a grueling physical and emotional challenge. He cycled over 3,000 miles, often in extreme heat and rain. He faced countless obstacles along the way, including mechanical breakdowns, sleep deprivation, and the weight of his own grief and trauma.

But through it all, Mike never gave up. He drew strength from the people he met along the way, the stories of those who had been touched by suicide and mental illness, and the unwavering support of his family and friends.

As Mike pedaled across the country, he shared his story with anyone who would listen. He spoke to school children, community groups, and first responder organizations. He shared his experiences with depression, anxiety, and post-traumatic stress disorder (PTSD). He talked about the importance of seeking help, breaking down the stigma associated with mental illness, and finding hope in the darkest of times.

Mike's message resonated with countless people. He inspired others to seek help for their own mental health struggles. He helped to break down the stigma associated with mental illness, especially among first responders and military veterans. And he showed the world that even in the face of adversity, hope and healing are possible.

Mike's journey was not just about raising awareness and inspiring others. It was also about his own healing and recovery. As he cycled mile after mile, he processed his grief and trauma. He learned to cope with his mental health challenges and to find hope and meaning in his life.

When Mike finally reached Orono, Maine, he was greeted by a crowd of supporters. He had cycled over 3,000 miles, raised over \$100,000 for mental health organizations, and inspired countless people along the way. But more importantly, he had found healing and hope for himself.

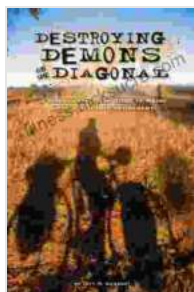
Mike's story is a reminder that we are all capable of overcoming adversity and achieving our goals. It is a story of hope, resilience, and the power of human connection. It is a story that inspires us to never give up, no matter how difficult life may seem.

If you or someone you know is struggling with mental health issues, please know that you are not alone. There is help available. Please reach out to a mental health professional or call the National Suicide Prevention Lifeline at 1-800-273-8255.

**Here are some resources for getting help with mental health issues:**

- National Suicide Prevention Lifeline: 1-800-273-8255
- Crisis Text Line: Text HOME to 741741
- Substance Abuse and Mental Health Services Administration (SAMHSA): 1-800-662-HELP
- National Alliance on Mental Illness (NAMI): 1-800-950-NAMI
- American Foundation for Suicide Prevention (AFSP): 1-800-273-8255
- Jed Foundation: <https://www.jedfoundation.org/>
- Wounded Warrior Project: <https://www.woundedwarriorproject.org/>
- Team Red White & Blue: <https://www.teamrwb.org/>
- Ride for Recovery: <https://www.rideforrecovery.org/>

- Yellow Ribbon Suicide Prevention Program:  
<https://www.yellowribbon.org/>
- Blue H.E.L.P.: <https://www.bluehelp.org/>
- Badge of Life: <https://www.badgeoflife.org/>
- Firefighter Cancer Support Network:  
<https://www.firefightercancersupport.org/>
- Code Green Campaign: <https://www.codegreencampaign.org/>
- Concerns of Police Survivors (C.O.P.S.): <https://www.nationalcops.org/>
- National Fallen Firefighters Foundation: <https://www.firehero.org/>
- Tunnel to Towers Foundation: <https://www.tunnel2towers.org/>
- Gary Sinise Foundation: <https://www.garysinisefoundation.org/>
- Bob Woodruff Foundation: <https://www.bobwoodrufffoundation.org/>
- Elizabeth Dole Foundation: <https://www.elizabethdolesfoundation.org/>
- Tragedy Assistance Program for Survivors (TAPS):  
<https://www.taps.org/>



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