

Hi Omar,

This is Anya Gupta, the mental health representative of BART TSAC. At the end of our last meeting I briefly proposed the mental health initiative idea, and want to share a more in-depth explanation in this email.

I'm currently a student at Diablo Valley College as well as a student leader in Contra Costa County, serving as the youth seat on the Behavioral Health Board. In this role, I've seen how the biggest gap in public mental health isn't always services, rather it is the lack of real-time, community-specific data. If we asked, "How are BART riders feeling this week?", we wouldn't have an answer. Yet wellbeing and safety are tightly connected, and stress levels on transit can impact everything such as ridership satisfaction and community trust.

BART is already known as a regional leader in innovation. I believe it could also lead the Bay Area in setting a new standard for rider wellbeing. I'd like to propose the **Mental Health Pulse**: a short 30-second, anonymous weekly check-in (open at all times, encouraged weekly) accessed via QR codes in stations and cars. The responses would feed into a live BART wellbeing dashboard — free to pilot, fully anonymous, and potentially youth-led in partnership with county agencies.

With this in place, BART could:

- Spot rising stress trends before they impact rider safety or satisfaction
- Lead as the first transit system in the Bay Area with a live rider wellbeing dashboard
- Create a scalable model other cities and counties could adopt

This initiative already has interest from Contra Costa's Behavioral Health Board and the Mayor of Walnut Creek as potential supporters/funders, and the President of my college (DVC) has already given the green light to initiate.

I remember you were interested in this initiative's idea when we spoke — what would you suggest as the best next steps?

Thank you,
Anya Gupta