



“The most effective way  
equestrians can support  
each other is to  
**BE KIND to one another.**”

*-Sylvia Bruce- Riders Minds*



<https://ridersminds.org/>



Live text support: 07480 488 103



Call the helpline: 0800 088 2073

*Riders Minds, registered UK charity no: 1197938 dedicated  
to supporting equestrians' mental health and well-being.*



SELF HELP RESOURCES



MENTAL HEALTH CHECKER



PHONE/TEXT/WEB CHAT



HERE FOR YOU 24/7 365