








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