



If it matters to YOU then it matters to US



SELF HELP RESOURCES



MENTAL HEALTH CHECKER



PHONE/TEXT/WEB CHAT



HERE FOR YOU 24/7 365



<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.