

Don't suffer in  
silence.

Talking about  
how you're  
feeling is not  
a sign of  
weakness.



<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.*

