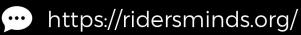


Don't suffer in silence.

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



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.

