

Having a bad  
day?

**Talking is not  
a sign of  
weakness.**

And we are here to  
listen.



<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.*

