

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