



Having a bad day?

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

We are here to listen.

Free, confidential support,
24 hours a day.

 <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.*

