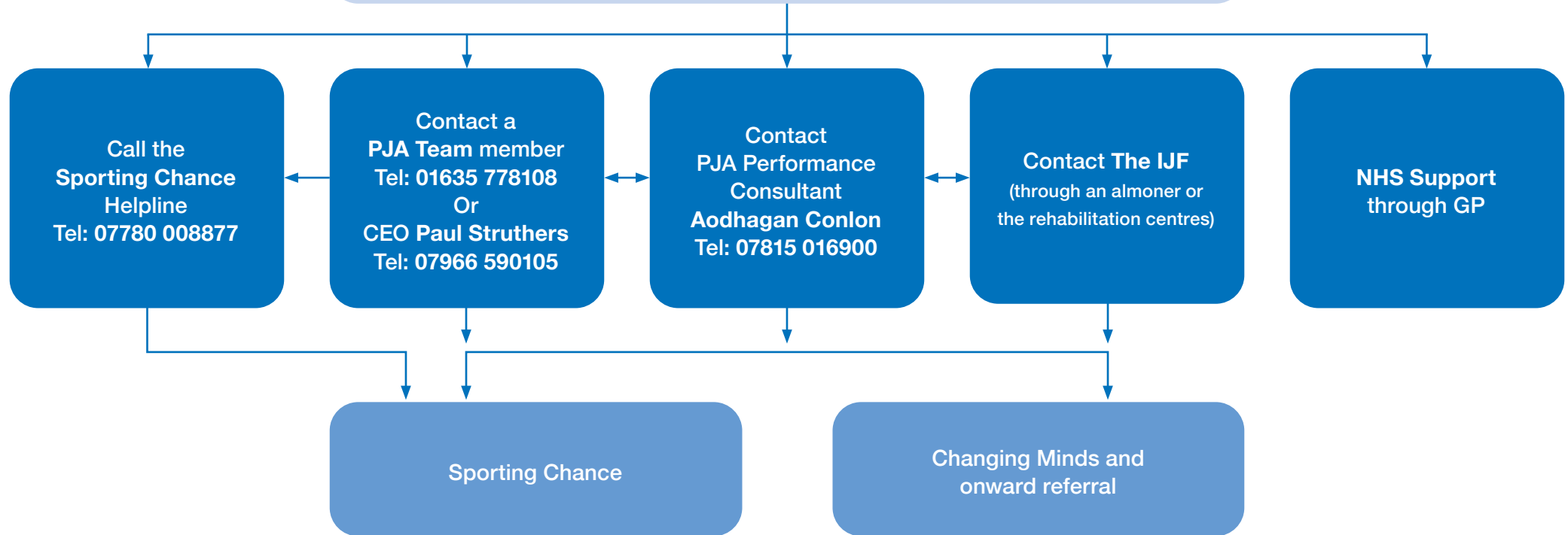


Mental Wellbeing Referral Pathway for Professional Jockeys



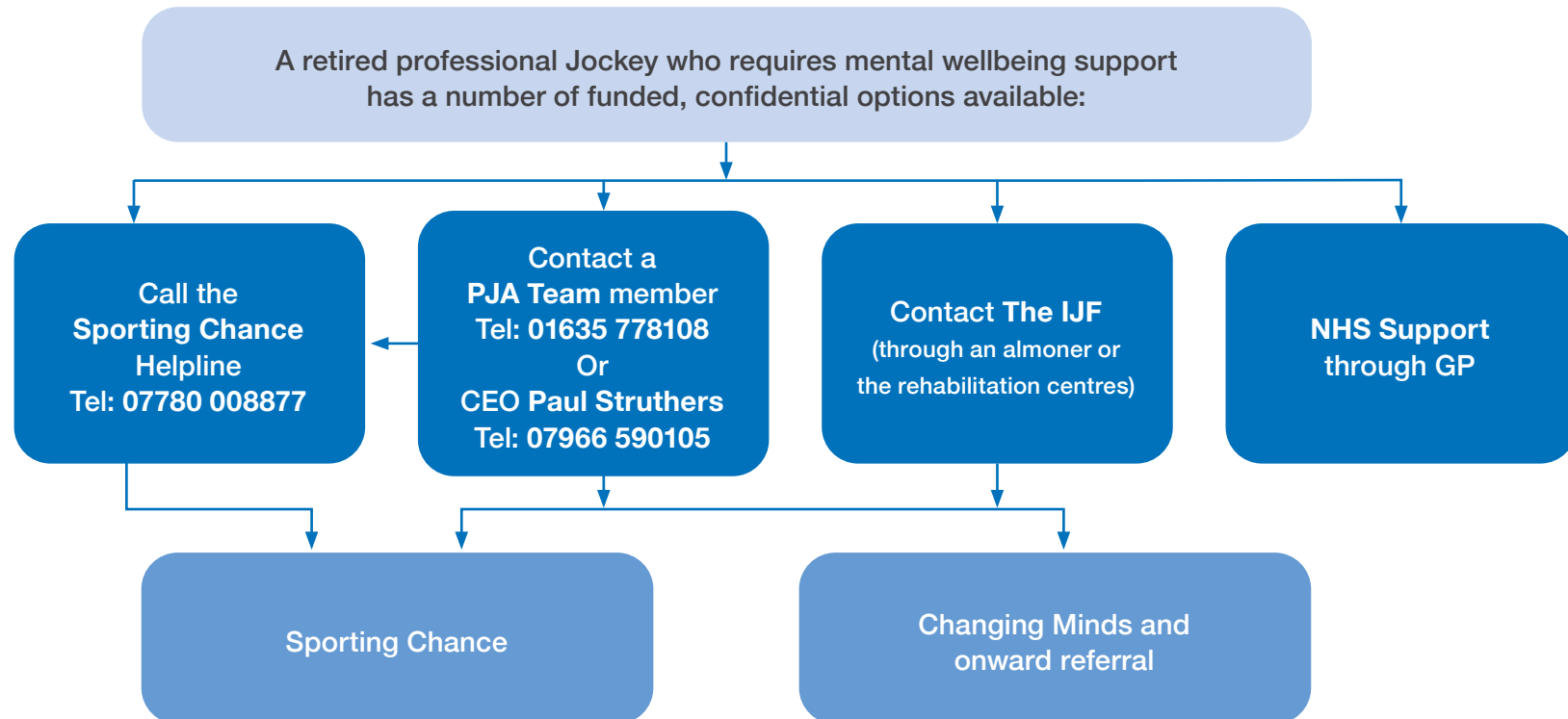
A professional Jockey who requires mental wellbeing support has a number of funded, confidential options available:



After hours support is available through the Sporting Chance Helpline on 07780 008877

If the Jockey is in an emergency or at direct risk of harm to themselves or others, Call 999 or 111

Mental Wellbeing Referral Pathway for Retired Professional Jockeys*



After hours support is available through the Racing Welfare 24/7 Support Line on 0800 6300 443

*This pathway is available to retired professional Jockeys who held a full licence. If the Jockey didn't ride out their claim, they should contact the IJF on 01638 662246 or their GP for support.

If the Jockey is in an emergency or at direct risk of harm to themselves or others, Call 999 or 111