

Building a stronger racing community, together.

OnTrack is here to help you create a safer, healthier future for everyone in racing. We provide a mental wellbeing and suicide prevention programme owned, created, and driven by the racing industry. The OnTrack programme is designed to help you face challenges, build on our combined strengths, and support each other.

The racing industry thrives because of your hard work and dedication, and by investing just a little time, you can make a real difference. Together, we can create lasting change and a stronger, healthier future for all in the racing community.

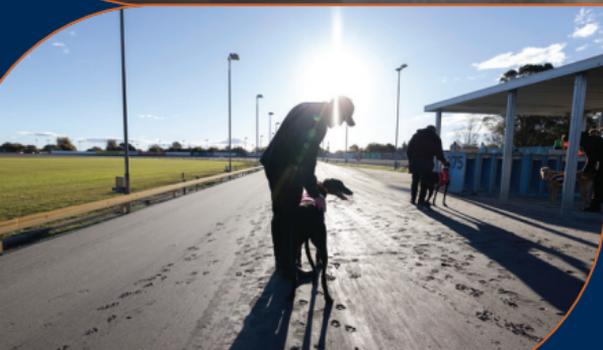


It's easy to get involved – book your free sessions now.

OnTrack
toACTION

OnTrack
toCHAMPION

OnTrack
toASIST



OnTrack
Strength in racing

About the programme

OnTrack
to ACTION

A simple,
practical session
for everyone.

A practical session to kick off our mental health journey as a community. In this session, you'll learn:

- How we can build on the strengths of the racing community.
- Why we need to grow mental health awareness and identify when someone is struggling.
- How to start a conversations about mental health.
- How to connect people into help and build a safety network of support.

OnTrack
Yacks

Small group
sessions.

A more informal version of *OnTrack to Action*. We come to you. Delivered in small groups (2-10 people) at familiar places like stables or kennels, this is a conversation in a setting where you're comfortable.

OnTrack
CHAMPION

Become a
leader in your
community.

Become a leader in your racing community! This programme gives you advanced training to recognise when someone needs help, keep people safe, and connect them with the support they need. As an *OnTrack Champion*, you'll be visible across the industry, leading the charge for mental health awareness and suicide prevention.

OnTrack
to ASSIST

Provide skilled
support.

For those who want to go further, this step provides the skills to support when someone may be thinking about suicide. Learn how to assess risk, make a safety plan, and connect them with the help they need.



◀ It's easy to get involved –
book your free sessions now.
Scan the code to find out when
we are in your area.

0800 667 224 support line

ontrack.org.nz

OnTrack
Strength in racing