



Need to talk?

Feeling anxious or just need to talk?
Feeling down or overwhelmed?
Worried about a friend or workmate?

No matter what, OnTrack is here to support you.



Scan to add
OnTrack to
your phone

Get back on track.

For free and confidential support call our support
line or email us at support@ontrack.org.nz

0800 667 224 support line



ontrack.org.nz