

Building a stronger racing community together.

The OnTrack programme is designed to help you face challenges, build on our combined strengths, and support each other. Invest a little of your time to make a big impact. Training sessions are in your area now.

Upcoming sessions in your area
OnTrack Champions
Venue: Twiggers, Addington
Date: Thursday 27th March 2025
Time: 0830 -1530

Secure your spot contact andy@ontrack.org.nz 027 344 3459

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.

45 minute session

OnTrack CHAMPION

Become a leader in your community.

Become a leader in your racing community! This programme gives you advanced training to recognize 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.

1 day session

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.

20 minute session

It's easy to get involved – scan the code for more information. ▶



0800 667 224 support line
ontrack.org.nz

