

# Wellbeing in the saddle

YOUR DAILY CARE CHECK-IN  
TO STAY ON TRACK



## PHYSICAL NEEDS

### Feed the steed

**Are you fuelling yourself properly?**

Like our horses need the right diet for peak performance, ask yourself: Have I eaten well, hydrated and cared for my body today?



## FOUNDATIONS + SUPPORT

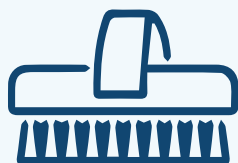
### No foot, no horse!

**How are your foundations holding up?**

A horses' hooves are it's foundation. As the old saying goes "No foot, no horse!". Check your own "hooves" – are your routines and habits supporting your overall wellbeing?

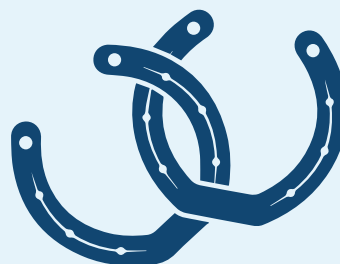
## SELF-CARE

### Healthy coat, healthy horse



**Have you looked after yourself today?**

Grooming a horse isn't just about appearance, it's essential for their general care and wellbeing. Have you given yourself the care and attention you need to feel at your best?



## RELATIONSHIPS + CONNECTING

### Stable connections

**Have you built or maintained strong connections today?**

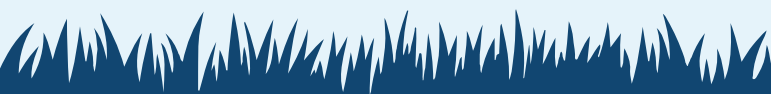
Horses thrive together and connection is vital for them and for us. Who have you interacted with? Maybe to ask for a helping hand or support?

## BALANCE

### Galloping or grazing

**Have you found time to move, and have you had time to get some rest?**

Horses alternate between grazing and galloping. Have you got balanced periods of activity with time to rest and recharge?



**0800 667 224** support line  
[ontrack.org.nz](http://ontrack.org.nz)



# Helplines and support services available 24/7

**In the event of a life-threatening emergency please phone 111 or go to your nearest hospital emergency department (ED)**

- **OnTrack: 0800 667 224**  
No problem is too big or too small – OnTrack are here to listen and support you.
- **National Helpline text or call 1737**  
Free service for New Zealanders feeling down, anxious, a bit overwhelmed or just need to chat to someone. You can call or text us for free 24/7.
- **Tautoko Suicide Crisis line: 0508 828 865**  
A free, nationwide service.
- **Victim Support / Manaaki Tāngata 0800 842 846**  
Free, nationwide for people directly affected by crime, suicide and traumatic events, including their family and witnesses.
- **Vitae (for racing): 0508 664 981**  
Our racing industry workplace well-being support.
- **Lifeline: 0800 543 354 or text 4357**  
Mental health support and counselling service.
- **Samaritans: 0800 726 666**  
Mental health support and counselling service.



- **Youthline: 0800 376 633 or text 234**  
Support for any young person or anyone supporting a young person.
- **What's Up: 0800 942 8787 (Monday to Sunday 11am-11pm)**  
Free, nationally-available counselling helpline and webchat service for children and teenagers.
- **Rural Support Trust: 0800 787 254 (during business hours)**  
Working with local rural communities to provide support during challenging times.
- **Depression Helpline: 0800 111 757**  
Free support service and practical support for those navigating depression and anxiety.
- **Aoake te Rā – Bereaved by suicide service 0800 000 053**  
Free services that provides support and Manaaki to individual and family who have lost someone to suicide.  
***This is not a crisis service.***



**Need to talk?**  
**Call 0800 667 224**  
**ontrack.org.nz**