Online programs
Find out about OnTrack's free and confidential programs

OnTrack Research
OnTrack is seeking volunteers for a number of exciting research trials looking at online treatments for depression and alcohol use.

Find out more

What people say about OnTrack
"The program has been worthwhile to me because it has focused on my problem rather than wandering aimlessly with no direction."
Participant OnTrack Alcohol and Depression

"So far I am very impressed. At this very early stage I feel like I am making progress."

Find out more

For Practitioners
Are you a health practitioner interested in viewing or using an OnTrack program?
Visit our practitioner page for more information on how OnTrack can be of use to you.

Find out more
OnTrack programs

- Alcohol
- Depression
- Alcohol & Depression
- Keep it Real—psychosis-like experiences & cannabis
- Family & Friends
- Floods and Storms
- Diabetes
Deciding What To Do  Weighing It Up

Weigh up the upsides to stopping or cutting back your drinking against the downsides to stopping. Click on the + or - next to each point to show how important they are to you. If they are very important, make them bigger. If they are not very important, make them smaller. The hand that goes down has more weight in it. Those are the things that are more important to you.

<table>
<thead>
<tr>
<th>What I will gain by stopping</th>
<th>What I’ll miss by stopping</th>
</tr>
</thead>
</table>

- Helps me to forget problems
- Makes me feel good

- My liver will be healthier
- I’ll save money
Keeping Fun in Your Life  Planning

Now you have a list of things to try more often. Some things take more time than others. Before making a plan, think about the shorter everyday activities.

- Phone or email someone
- Play a game
- Do a puzzle
- Read a non-fiction book
- Make something
- Listen to music
- Do yoga
- Paint

There are times when planning is even more important:
- When you are feeling stressed
- When you want to be with another person and feel closer
- When your mood or energy is low
- When you haven’t had much time for yourself

Plan ahead, so you remember to do fun activities at those times. They won’t be able to help you feel better if you don’t remember to do them!
New Horizons: Hopes and Dreams

There is more to life than the problems we have. How could life be better for you and the person you care about? First, think about your own hopes for the future.

Look at the ideas below and add details.

- Get fit
  - Lose weight

- Start a new relationship

- Change jobs
  - Save some money
  - Save for a holiday

- Start a new hobby
  - Learn how to paint with oil

- Meet new people

- Get closer to somebody

- Doing something for myself
  - Study, or do a course
### What Is There Already? Summary

#### My Summary

<table>
<thead>
<tr>
<th>Things that are still OK in my life</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>My Job</td>
<td>My financial situation</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>People I’m pleased to have in my life</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>People at work</td>
<td>Other people in my family</td>
</tr>
<tr>
<td>My friends</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Good things about me</th>
</tr>
</thead>
<tbody>
<tr>
<td>Generous</td>
</tr>
<tr>
<td>Friendly</td>
</tr>
<tr>
<td>Fun to be around</td>
</tr>
<tr>
<td>Loving</td>
</tr>
<tr>
<td>A good listener</td>
</tr>
<tr>
<td>Talented at painting</td>
</tr>
<tr>
<td>Dependable</td>
</tr>
<tr>
<td>Smart</td>
</tr>
<tr>
<td>Caring or kind</td>
</tr>
<tr>
<td>Able to see the funny side of things</td>
</tr>
<tr>
<td>Usually on time</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other things I am grateful for</th>
</tr>
</thead>
<tbody>
<tr>
<td>Being able to laugh and smile</td>
</tr>
<tr>
<td>Enough money to get by</td>
</tr>
<tr>
<td>Having a job</td>
</tr>
<tr>
<td>Making my appointments on time</td>
</tr>
<tr>
<td>New relationship</td>
</tr>
</tbody>
</table>
Blood Glucose
Progress Tracking

This graph shows your best mood and worst mood for each day in the last 4 weeks.

- Your best mood
- Your worst mood

If there are gaps in your graph, go back to My Diary and record your best and worst moods for the missing days.
Say When
Better Health Channel
Is a coach essential?
OnTrack Alcohol & Depression
Duration of program use

- Brief
- Full
- Coach

Duration of program use (Days)
10gm alcohol units/wk

Time: .001
TxGp: .016
TxSex: .006
TxGxS: –

Men

Women

Brief
Full
Coach
Depression

Time    .001
TxGp    .030
TxSex   .056
TxGxS   –

Men

Women

Brief
Full
Coach