



The Cardiac Wellbeing Program of the Australian Centre for Heart Health provides behavioural and psychological support to people who have had a heart or stroke event, and their families. Everything we do in the Cardiac Wellbeing Program is evidence-based and draws on the Centre's own research. The Centre has three major components to its Cardiac Wellbeing Program, all available Australia-wide.



Back on Track is an online self-guided program designed to help people make lifestyle changes to

support behavioural and emotional recovery after a cardiac event. The program is free and accessible anywhere and anytime on computer. The program includes sessions on healthy eating, physical activity, smoking cessation, and emotional recovery. It is designed to help people identify personal goals and values, weigh up pros and cons of change, identify barriers and enablers, and make 'action plans' for what to do, and 'coping plans' for how to do it.



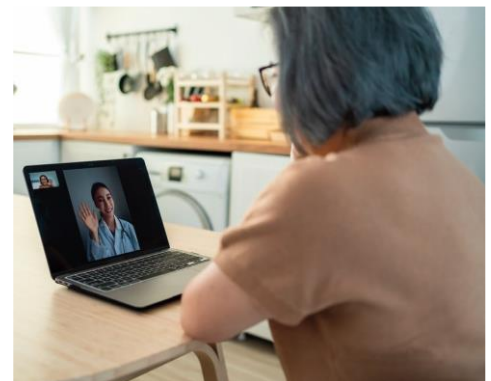
Teleheart is a 5-session telephone-delivered program also designed to support behavioural and emotional

recovery. Teleheart uses the same strategies as in *Back on Track* and covers the same areas of lifestyle change and emotional management. Participants are encouraged to select the lifestyle areas they wish to work on, and session delivery is tailored to their individual needs. Session duration is 20-50 minutes. The telephone sessions are free of charge and delivered by cardiac lifestyle counsellors.



The **Cardiac Counselling Clinic** provides counselling for people who have had a cardiac event or stroke.

Counselling is particularly relevant for those experiencing anxiety, depression, the cardiac blues, or post-traumatic stress, as well as those struggling with lifestyle change. The Clinic provides support through its team of registered psychologists and counsellors who understand the challenges of recovery after a cardiac or stroke event.



To access any of the services of the Cardiac Wellbeing Program, contact us by email at wellbeing@australianhearthealth.org.au, or phone on (03) 9326 8544, or fax on (03) 9445 9296 or register on our website at <https://www.australianhearthealth.org.au/cardiac-wellbeing-program>