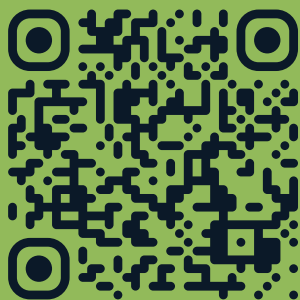


About

Using the familiar concept of weather, Whatever the Weather supports conversations and help-seeking around mental health for wherever you are at.

Whatever you are experiencing, you don't have to navigate it alone – support is available for every type of weather.

Based on the Initial Assessment and Referral Framework, the project helps young people connect with the right support at the right time, based on their needs. It also helps services work better together so young people have a clearer path to support.



SUPPORTED BY



Where to start

Medicare Mental Health

☎ 1800 595 212
🕒 8:30am-5pm Mon-Fri

Kids Helpline

☎ 1800 55 1800
💬 kidshelpline.com.au
🕒 24/7

Access Mental Health

☎ 1800 33 23 88
🕒 24/7



find mental health
support that fits





Mostly
Sunny



Cloudy



Windy



Rainy



Stormy

A person mostly manages their mental health on their own.

They use skills and strategies to stay well and ask for help when they need it.

Support is flexible and focused on maintaining wellbeing.

A person is experiencing some challenges with their mental health.

These challenges have a small impact on daily life.

They benefit from short-term or occasional support to build skills, solve problems, and maintain their wellbeing.

A person's mental health is affecting their daily life.

They may find it harder to manage work, study, relationships, or everyday tasks.

Regular support helps them navigate these challenges and work towards their goals.

A person's mental health is having a major impact on daily life.

They need support from different services or professionals working together.

Support focuses on improving wellbeing, building stability, and helping the person manage different challenges.

A person's safety or wellbeing is a major concern.

They need urgent, crisis, or specialist support.

Support focuses on immediate care, stabilisation, safety, and reducing risk.

If things are stormy for you now, call 000.

