

Mentavi Health Makes Its Mental Wellness Screener Free for All Americans as Mental Health Crisis Deepens

GRAND RAPIDS, MI, UNITED STATES, August 31, 2026 /EINPresswire.com/ -- Mentavi Health today announced that its [Mental Wellness Snapshot](#) is now available to any adult in the United States at no cost. Previously priced at \$29 a year, the Snapshot draws on 15 clinically validated screeners consolidated into a single, roughly 20-minute assessment covering anxiety, depression, ADHD, PTSD, substance use disorders, and more, and delivers a trackable Mental Wellness Score along with a detailed breakdown across every area screened.



Mentavi Health provides evidence-based online mental health care across most U.S. states. Its Diagnostic Evaluation for adult ADHD, validated in The Journal of Clinical Psychiatry, supports assessment of anxiety, depression, and related conditions.

The announcement comes at a time when the gap between mental health needs and mental health care has never been more visible. Approximately 169 million Americans live in an area with a shortage of mental health professionals, according to the Health Resources and Services Administration (HRSA). Beyond that, long wait times, provider shortages, stigma, and the cost of care continue to delay help for people who need it. Mentavi's decision to offer the Snapshot at no cost is rooted in a straightforward belief that clearer insight into one's mental health should be a starting point open to everyone, without financial barriers.

"Most people struggling with mental health don't know where to begin. They might sense something's off, but they haven't had a way to put that into context. The Snapshot gives them a starting point; a clear, credible picture of where they are, which areas may warrant a closer look, and what, if anything, they might want to bring to their doctor. Making it free means that starting point is now available to anyone who wants it," said Keith Brophy, CEO of Mentavi Health.

The Mentavi Mental Wellness Snapshot is a mental health screening tool, not a diagnostic evaluation. It's designed to help individuals better understand their current mental wellness, identify areas that may warrant further attention, and determine whether a more

comprehensive clinical evaluation could be a useful next step. It does not provide a clinical diagnosis. Each of the 15 screeners within the Snapshot draws on validated clinical instruments, the same tools clinicians rely on in practice, and the assessment is developed in accordance with Mentavi's rigorous clinical and regulatory standards.

Most free mental health tools available online ask individuals to seek out and complete multiple separate screeners to get anything close to a full picture. The Snapshot takes a different approach, bringing those screeners together into one integrated assessment with a clear, structured result. Individuals receive an overall Mental Wellness Score, presented on a 1-to-10 scale and organized into clear green, yellow, and red zone indicators, along with a detailed breakdown across the areas screened. That report can then be saved, tracked over time, and shared directly with a primary care provider to serve as a starting point for a clinical conversation and further evaluation or treatment, as needed.

The assessment is designed to be taken periodically, every few months, so that individuals can track changes in their mental wellness over time and catch shifts early, before they become more serious concerns.

"What we hear from primary care physicians is that patients often come in with a vague sense that something isn't right, but without the language or the data to describe it. The Snapshot gives people something concrete to bring into that conversation. It's not a diagnosis, and it isn't meant to be. But 15 validated screeners in a single report, available to anyone at no cost, has real clinical utility, especially for people who might otherwise never get that far in the process," said Barry K. Herman, MD, MMM, Chief Medical Officer of Mentavi Health.

For individuals whose Snapshot results suggest that a deeper evaluation may be warranted, the online Mentavi Health Diagnostic Evaluation is available as a next step. The Diagnostic Evaluation is available for ages 6 and older and is a comprehensive, clinician-reviewed assessment that screens for a broad range of mental health conditions. It is clinically validated for the diagnosis of ADHD in adults 18 and older, with study results published in *The Journal of Clinical Psychiatry*. Every Diagnostic Evaluation is reviewed by a doctorate-level licensed psychologist in the patient's state, reflecting the same clinical rigor that underpins Mentavi's broader approach to care.

For individuals whose Snapshot results are reassuring, the tool offers an ongoing baseline. Mental wellness, like physical health, can shift over time, and the Snapshot is designed to be a recurring resource rather than a one-time check.

Mentavi's broader online clinical services, including medical treatment and therapy are available to adults 18 and older in most U.S. states, for those whose evaluations indicate that further care may be appropriate. Availability varies by service and state.

The Mentavi Mental Wellness Snapshot is available now at mentavi.com/snapshot.

If you or someone you know is in crisis, call or text 988 (Suicide and Crisis Lifeline) or call 911 for a medical emergency.

The Mentavi Mental Wellness Snapshot is a screening tool, not a diagnostic evaluation, and is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the guidance of a licensed health care provider with questions about a mental health condition.

About Mentavi Health

Founded in 2018 as ADHD Online, and recognized as part of Michigan Celebrates Small Business's 2022 "50 Companies to Watch" cohort, Mentavi Health provides evidence-based online mental health care in most U.S. states, for adults (18+), guided by rigorous clinical and regulatory standards. Its Diagnostic Evaluation (for ages 6+) is clinically validated for the diagnosis of ADHD in adults against an in-person clinical interview, with results published in The Journal of Clinical Psychiatry (2025). The Diagnostic Evaluation is also used by licensed clinicians to support assessment of other mental health conditions, including anxiety and depression. Mentavi delivers affordable, evidence-based care, offering diagnostic evaluations and access to additional care options delivered by licensed clinicians. Guided by clinical rigor, accessibility, and trust, Mentavi helps adults connect to evidence-based mental health care. Availability varies by state. Learn more at mentavi.com.

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