

St Vincent's to deliver Australia's new free digital mental health service

St Vincent's is proud to partner with the Australian Government to help Australians access fast, free digital mental health support through the new *Medicare Mental Health Check In* service, launching on 1 January 2026.

After a competitive tendering process, St Vincent's has been selected to design and deliver this Australian-first service which will improve access for any Australian seeking mental health support, regardless of where they live.

Medicare Mental Health Check In will target Australians experiencing stress, distress, or anxiety and provide fast access to programs and qualified mental health practitioners. The service will empower people seeking support to improve their own mental wellbeing as soon as they experience symptoms. It will help people get well again more quickly and reduce the risk of longer-term care being required.

For more than two decades, St Vincent's has been running its own highly-regarded and clinically-proven digital mental health service, THIS WAY UP. THIS WAY UP is Australia's most popular digital mental health treatment service with more than 37,000 registered clinicians (including one-third of all GPs and psychologists in Australia), and 300,000 help seekers.

Medicare Mental Health Check In will offer free digital mental health care – including self-guided, proven digital tools to improve mental wellbeing – and fast access to mental health practitioners via telehealth, SMS, and chat.

The service will be rolled out progressively, with a variety of digital resources available from 1 January 2026, followed by access to telehealth and online therapy delivered by trained practitioners beginning from March.

St Vincent's CEO, Chris Blake, said *Medicare Mental Health Check In* would become a key platform in Australia's mental health system, helping tens of thousands of people a year access the quality support and care they needed.

"*Medicare Mental Health Check In* has the potential to be a gamechanger for mental health care in Australia, and St Vincent's is proud to partner with the Australian Government to make it happen," said Chris.

"St Vincent's has a long track record in providing mental health care to Australians. Part of that history includes running Australia's most popular digital mental health treatment service for more than two decades.

"Given the diversity of our services across Australia's health and aged care system, St Vincent's is acutely aware of the opportunities available when it comes to the role that digital, virtual, and new technologies can play – and are playing – in health and aged care.

“We look forward to bringing our depth of experience – along with our strong clinical track record – to making sure that *Medicare Mental Health Check In* becomes a key service for Australians needing mental health support,” said Chris.