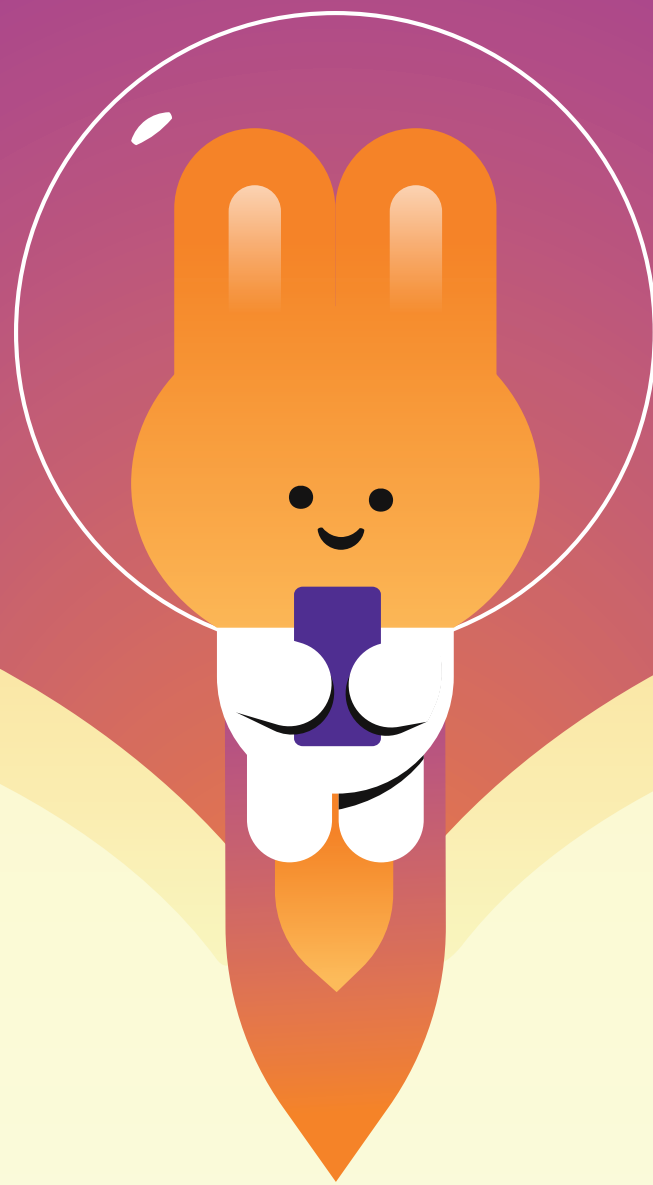




Mental health support that meets the moment



Soluna is free, confidential, and made for teens and young adults ages 13 to 25 in California.

A space to **build coping skills, set goals, and get 1:1 support** to navigate life's challenges.

1:1 coaching for mental health support

Secure, moderated peer community

Mood log, articles, and tools for self-care

+ **Care Navigation:** A helping hand to locate critical local resources like food, housing, therapy, and more.

Visit SolunaApp.com or download Soluna by scanning the QR code.

