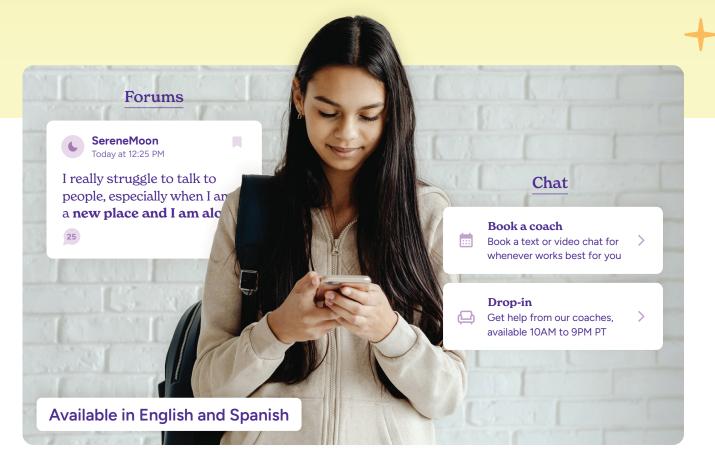


Mental health support that meets the moment

Soluna is <u>free</u>, confidential, and made for teens and young adults ages 13-25 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



Visit SolunaApp.com to learn more or scan to download \rightarrow

Discover a **new kind** of mental health support

Privacy, protected

Security and privacy are our highest priority. Our safety team reviews every community post before it goes live.

1:1 chats with Soluna coaches

Seven days a week, mental health coaches are available for extra support whenever it's needed most.

Self-service support, anytime

Interactive tools and educational articles help users take a breath, process their feelings, and build skills.

Local care — a conversation away

Housing? Food? Mental health services? Our Care Coordinators help connect users with local resources.

No smartphone? No problem. Just call 844-582-2111 to talk to one of our coaches, or head to **SolunaApp.com** to access the web version of Soluna on any browser.



For more information, visit SolunaApp.com

