

Mental health support that meets the moment

Soluna is **free**, 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 →



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.



Interactive tools for self-support

Mood log
Goal tracker
Affirmations
Guided breathwork
And more!

For more information, visit SolunaApp.com

