



Your space to destress and reset

Soluna is a free, safe,
and confidential **mental
health app** created for
Californians ages 13 to 25.



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App Store

Get 1:1 support



Connect with mental health coaches for free support whenever you need it most.

Unwind and reconnect

Explore interactive self-care tools, take reflective quizzes, and join community discussions.

Access care in your area

Get personalized support finding local resources like medical care, housing, food, and more.



Tap into better
mental health.
Download now.

