



# Your space to be **you.**

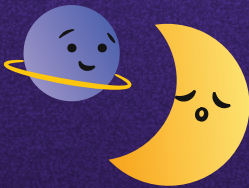


Free, confidential mental health support.  
No subscription. No ads. No pressure.

Chat 1:1 with a professional coach, use interactive tools to destress, or explore quizzes, videos, forums, and more. You choose!

Totally free for Californians ages 13 to 25.

Search 'Soluna' in the App Store or Google Play  
or visit [SolunaApp.com](https://SolunaApp.com)



# How can you use Soluna to support your mental health?

## Journal

Vent honestly and openly, jot down ideas, or draft big dreams, all in your own digital journal. This is your space, away from the noise.

## Destress and reset

Soluna's interactive tools, like Thought Shaker, Mood Log, and more, are research backed and designed to bring calm, confidence, and focus.

## Chat 1:1 with a coach

Feeling stuck? Soluna's professional coaches are here for you. Use the app to schedule a session or simply drop in. No strings or cost attached.

## Peer connection

In our Soluna forums, one thing is clear: you're not alone. Post a question, get or give advice, or just chat about whatever's on your mind — all while connecting with others on their own mental health journeys.

**No smartphone? No worries!** We offer telecoaching through the phone in 19 different languages. Find out more about the program at [SolunaApp.com](https://SolunaApp.com).



**soluna**

Soluna is a CalHOPE program powered by Kooth and funded by the California Department of Health Care Services. To find out more, visit [SolunaApp.com](https://SolunaApp.com).