

Mental health support that meets the moment

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

Forums

SereneMoon
Today at 12:25 PM

I really struggle to talk to people, especially when I am in a new place and I am alone.

25

Chat

Book a coach
Book a text or video chat for whenever works best for you

Drop-in
Get help from our coaches, available 10AM to 9PM PT

Available in English and Spanish

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.

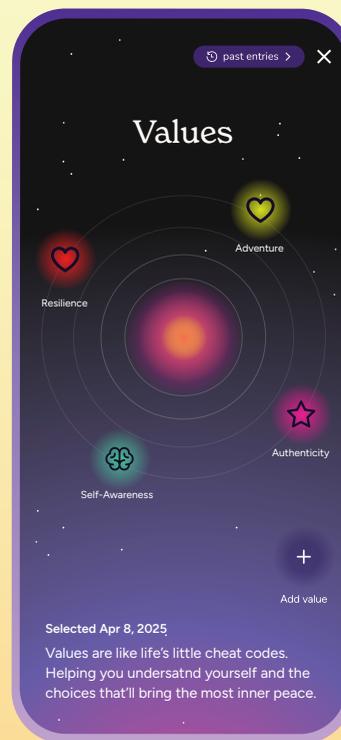
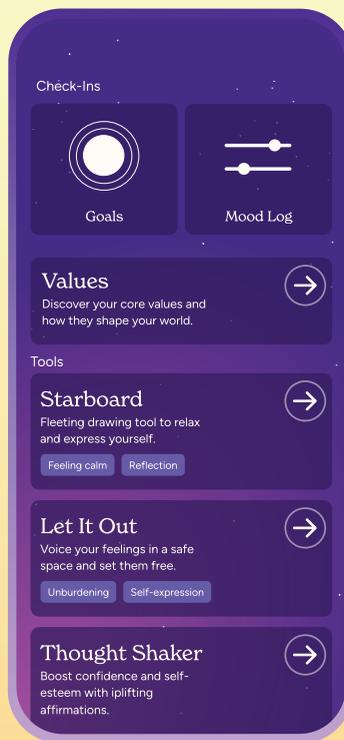
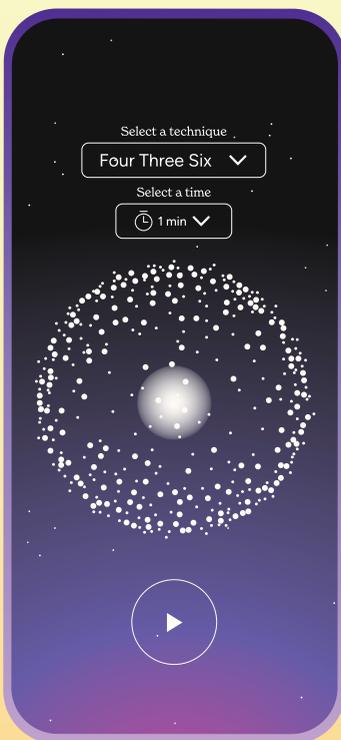
Self-service support, anytime

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

