

Download or print a Soluna flyer

Specs: 8.5in x 11in with .125in bleed

How do I share these graphics?

Print and post on bulletin boards in classrooms, hallways, the front office, and the counseling center so students can learn about Soluna.

Download PDF in English →

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WHAT'S THE BEST THAT COULD HAPPEN?

Don't just live your life. Love your life.

Free mental wellness support for
California teens and young adults

If you need help finding calm in the chaos, you're not alone. Everyone can use guidance, tools, or 1:1 support to find their peace. Soluna can help.



Scan the code or visit
solunaapp.com
to get started.

 **soluna**
a CalHOPE Program

Funded by the
CA Department of
Health Care Services



Download or print a Soluna quick card

Specs: 3.5in x 2in with .125in bleed

How do I share these graphics?

Leave in the counseling center, nurse's office, library, or other resource areas so students can quickly learn about Soluna.

Download PDF in English →

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A portable partner.
A hand-held helper.
A mobile motivator.
A coach you can carry.

Soluna offers free mental wellness support for California teens and young adults, right from your phone. Build healthy habits, calm the chaos, and find your peace — at your own pace.


a CalHOPE Program
solunaapp.com

Download or print a Soluna family postcard

Specs: 5.5in x 8.5in with .125in bleed

How do I share these graphics?

Place in the main office or hand out at parent events. Caregivers can keep one side and give the other to their child to help both learn about Soluna.

Download PDF in English →

Download PDF in Spanish →



Hey, you? You're pretty great. But everybody needs a boost sometimes. Soluna is here to help you calm the chaos. Unwind, make sense of your thoughts, set goals, and find your peace — all in one place. Visit solunaapp.com or scan the code to download Soluna now.



Every young person needs a space to build healthy habits, set goals, and get support to navigate life's challenges. Soluna is here to help.

Soluna offers free, confidential 1:1 support and self-guided mental health tools for teens and young adults in California.

Visit solunaapp.com or scan the code to download Soluna now.



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