

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

## Free write your feelings

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, right in the app.

## Destress and reset

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

## Join our journeys

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.

## Chat 1:1 with a coach

Feeling stuck? Soluna's professional coaches would love to chat with you. Use the app to schedule a session or simply drop in. No strings or cost attached.

**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 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)

