



Your space to be **you.**

What is it?

Soluna is a free mobile app with resources and tools to support your own mental health journey.

No cost.

No pressure.

Always anonymous.

How do I use it?

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



 Soluna



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App Store



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Or scan here to
get started

