



# *Soluna Mental Health Support App*

Free App-Based Mental Health Support For Students Ages 13 - 18  
— Funded by the NJ Department of Children and Families

Teens can download the app for free from the Apple App Store or the Google Play Store; or login at [SolunaApp.com/NewJersey](https://SolunaApp.com/NewJersey)



Soluna is well established in California and launched its services in New Jersey in January. Some NJ school districts, such as Teaneck, have already begun marketing and utilizing their services.





Soluna offers 4 levels of support:

1. Self Support
2. Peer Support
3. Professional Support
4. Community Resources



# Self-Support

- Self-guided coping tools
  - Mood Log
  - Let it Out - Journaling Space
  - Thought Shaker (positive affirmations)
  - Breathwork (mindful breathing with visualizations)
- Journal entries are moderated to ensure safety



# Peer Support

- Community Forum
  - All comments are reviewed before being posted
  - Users cannot communicate directly with each other
  - Service users identities are confidential





# Professional Support

- 1:1 Coaching and Counseling 2pm to 9pm Daily
  - Qualified professionals who hold a state social work or counseling license (LCSW, LSC, LMFT, LPC, LMHC, LCPC)
  - All professional counselors are thoroughly vetted
- Counselors host counseling sessions and provide compassionate, culturally informed support
- All interactions are text based, no phone or video



# Community Resources

- Connecting youth and families to important community resources with the “Resource Finder”
  - Behavioral Healthcare
  - Traditional Healthcare
  - Food Supports
  - Housing Arrangements
  - Transportation
  - Financial Resources





# Safety is a Priority

- Parental consent required for all children under the of 16 in order for them to participate in the counseling service
- All user-generated content is pre-moderated before going live
- Soluna's confidential model protects all users' identities
- Safeguarding policies are in place for risk management (suicidal ideation, etc.)
- Service users cannot directly message each other
- No possibility for inappropriate content or interactions



# Frequently Asked Questions

- Do I need to give permission for my child to use Soluna?
  - Per NJ law, if your child is 15 or younger, parent consent will be required to use Soluna's 1:1 coaching or counseling services
- Do I need to enter my insurance information?
  - Soluna is funded by the NJ Department of Children and Families and is free for all users
- Are users able to chat with each other in Soluna?
  - No, users cannot directly message each other, add friends, or exchange personal information. All of Soluna's peer spaces are professionally monitored before comments are published.
- Will I be able to see what my child is doing in Soluna?
  - While our providers are trained to help guide youth back to safe, supportive adults in their lives, we do not share any user details or activity without explicit consent - except in cases where safety requires it.



# Frequently Asked Questions

- How does Soluna ensure all content shared on the platform is safe?
  - Our safety team reviews every post before it goes live to confirm it aligns with community guidelines, contains no personal information, and fosters a supportive and safe environment.
- How does Soluna handle situations where a young person needs additional support?
  - Our team is trained to identify when someone might need extra help and can connect them with appropriate local resources.