California's groundbreaking new virtual mental health services for youth, families, and young adults.

As part of the Children and Youth Behavioral Health Initiative's (CYBHI) $4+ bn investment to improve equitable access to mental health support for all young Californians, two free programs — **BrightLife Kids** and **Soluna** — were created in partnership with CalHOPE.

BrightLife Kids

A CalHOPE program by Brightline

- For families with children ages 0-12
- Video or chat-based 1:1 coaching with diverse, bilingual coaches
- On-demand digital tools and resources
- Coach Specialists to help with referrals

brightlife.kids/ca
ce@hellobrightline.com

SCAN HERE!

soluna

- For youth ages 13–25
- Scheduled or drop-in 1:1 coaching with diverse, bilingual coaches
- Interactive and engaging tools to lower stress
- Moderated community forum, self-support guides, and articles

SolunaApp.com
california@kooth.com

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Visit calhope.org to learn more.

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GET IT ON Google Play

DHCS