



# California's groundbreaking new virtual mental health services for

## youth, families, and young adults.

**BrightLife Kids** and **Soluna** are a key part of California's Children and Youth Behavioral Health Initiative (CYBHI) - a \$4.7bn investment into improving the mental health of our young people and providing equitable access to all Californians.

### BrightLife Kids

A CalHOPE program by Brightline

0 - 12 years

BrightLife Kids, a CalHOPE program by Brightline, provides **free behavioral health coaching** to all California kids ages 0-12. **No costs attached. No insurance required. No referrals needed.**

- Video or chat-based 1:1 coaching
- Diverse, bilingual coaches
- On-demand digital tools
- Care Guides to manage complex needs and provide referrals

[brightlife.kids/ca](http://brightlife.kids/ca) | [ce@hellobrightline.com](mailto:ce@hellobrightline.com)



### soluna

a CalHOPE Program by Kooth

13 - 25 years

Soluna, a CalHOPE program by Kooth, is the **all-in-one mental health app** for California youth and young adults to destress, reset, and seek support. **Always free. Always anonymous.**

- Scheduled or drop-in 1:1 coaching
- Diverse, bilingual coaches
- Interactive and engaging tools
- Moderated community forum, self-support guides, and articles

[SolunaApp.com](http://SolunaApp.com) | [california@kooth.com](mailto:california@kooth.com)

