

soluna

Your space to be **you.**

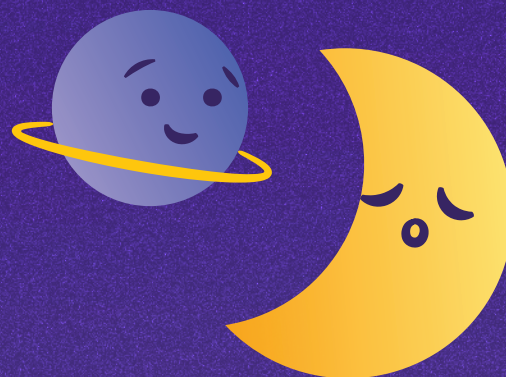
What is it?

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

No cost.

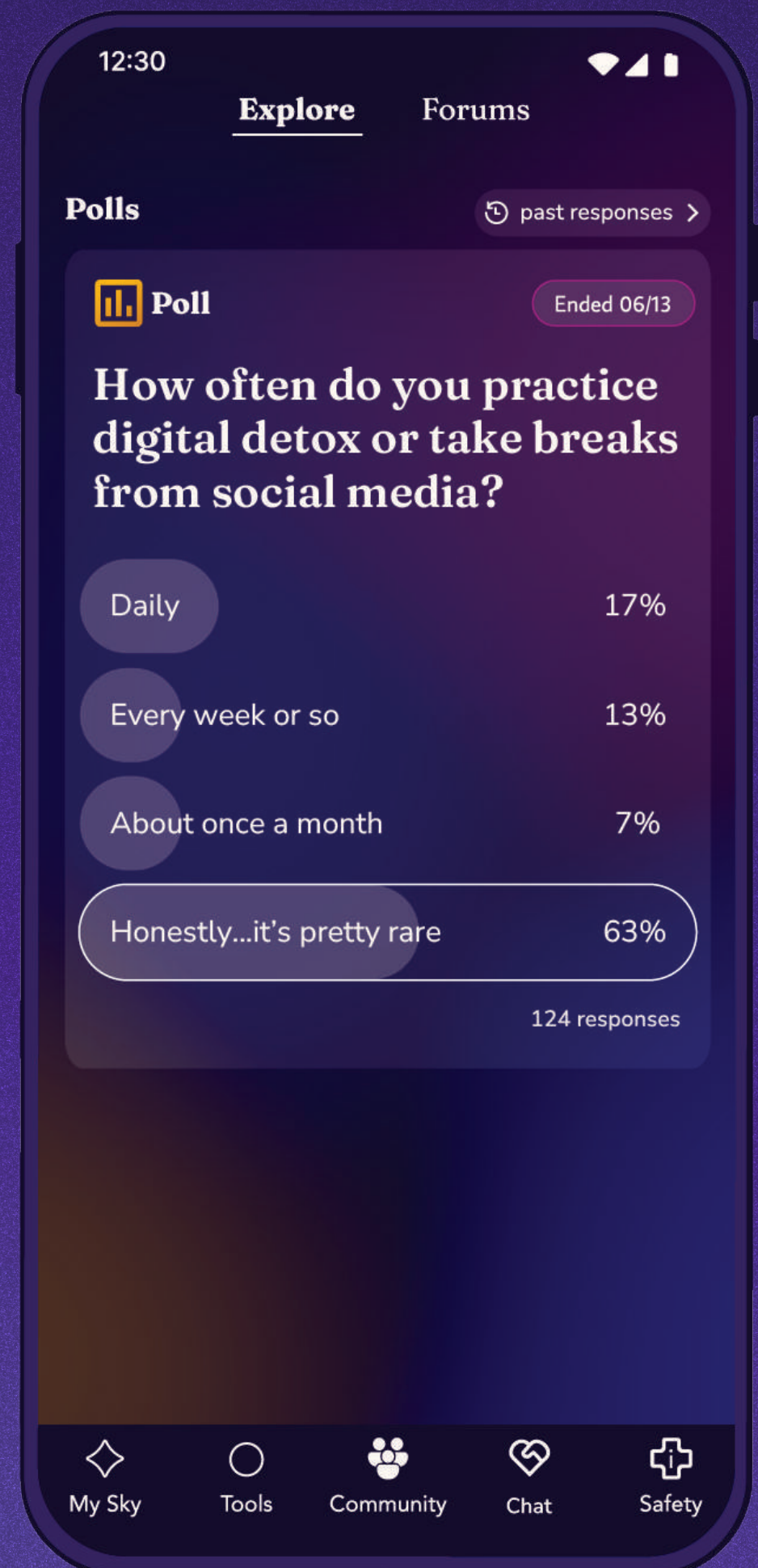
No pressure.

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!



Or scan here
to get started

