



A free, safe, and anonymous mental health app for Californians ages 13 to 25.

Soluna is a CalHOPE program powered by Kooth and funded by the California Department of Healthcare Services.



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App Store



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Explore anonymously

Rest assured that your app experience is completely anonymous and your data is private and secure.

Destress and reset

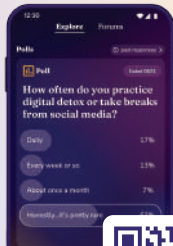
Use research-backed tools, like Thought Shaker, Free Write, and more to bring calm, confidence, and focus.

Chat 1:1 with a coach

Feeling stuck? Schedule a session or simply drop in. No strings or cost attached.

Close your wallet

Explore the app at **no cost** with **no insurance** required. Ever.



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