

Discover yourself at your own pace with **soluna**



**Your journey.  
Your choice.  
Your wellbeing.**

Welcome to the Soluna app — you place to destress, bounce back, and reset with features like:

- **1:1 coaching**  
Chat with a mental health professional when you need support or guidance
- **Self-discovery**  
Learn about yourself and your health with quizzes, videos, and articles
- **Interactive tools**  
Destress and process feelings with tools like mood log and digital journal
- **Peer connection**  
Find your people and perspective in weekly polls and an active forum

**Did we mention, it's free?!**  
**No fees. No pressure.**

Download the Soluna app today.

