

## Meet Soluna ✨ Your mental health. Your way.

Hey there!

I'm excited to introduce you to Soluna: a new, innovative, and completely free mobile app that offers you confidential mental health support, wherever you are in your journey.

Stressed about exams?

Struggling to accept yourself?

Stuck in relationship drama?

Whatever's on your mind (big or small), Soluna is here to help.

## Why Soluna?

Everybody's wired differently. Our tastes are different, our stories are different – and the things we need to support our mental health are different, too. That's why Soluna was designed to be a space where you can be authentically you.

## A universe of tools at your fingertips

In the Soluna app, you'll find a wide variety of mental health resources and tools so that you can find the support that's right for you.

🔧 Interactive tools: Use the Thought Shaker, Mood Log, Starboard, and more to destress, find calm, and reset

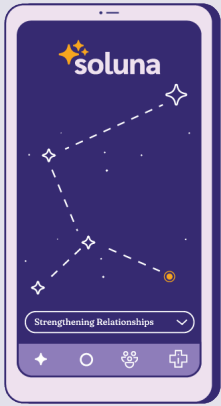
👤 Soluna coaches: Chat with a professional for personalized, 1:1 guidance

🧠 Unique content: Explore quizzes, text chats, swipeable activities...and even grocery shopping with Tiny Hands

📖 Your digital journal: Vent your feelings, jot down ideas, or draft big dreams

🧘 Breathing exercises and meditations: Relax and unwind your mind, whether for an hour or just 3 minutes

✨ Community forums: Post a question, get advice, or analyze a favorite show together (you choose!)



## Soluna's commitment to you

Access to the Soluna app is 100% free. No ads, no data sales, ever. Just completely safe and anonymous mental health support, available whenever you need it, 24/7.

## 3 steps to get started

1. Find Soluna on the App Store or Google Play
2. Enter your California zip code and birthdate
3. Embark on your journey in the Solunaverse

Still on the fence? Feel free to explore as a guest user first.

If you have any questions or need more info, feel free to reach out.



All the best,  
[Example Name]  
[Example Position]