

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!



🔍 Soluna



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get started

