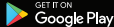




California's **free mental health app**
for ages 13 - 25.

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



Explore anonymously

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

Destress and reset

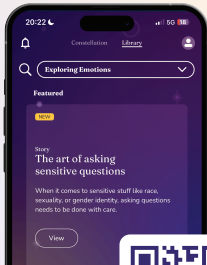
Use research - backed tools, like Thought Shaker, Free Write, and Mood Log to **bring calm, confidence, and focus.**

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.



Download the free
Soluna app on the App
Store or Google Play.

