

Meet Soluna: ✨ Supporting Your Child's Mental Health

Dear Parent or Guardian,

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

Research shows a stark increase in mental health issues in young people due to pressures around academic stress, social media, and tech usage. As digital natives, your child and their generation face complex challenges and stressors unlike any before them. And they often struggle in silence.

That's why having a safe, private, digital mental health resource for young people is so critical. And Soluna is here to help.

Why Soluna?

Based on over two decades of clinical research, Soluna is leading the way in digital mental health for young people with a commitment to inclusivity and equity. And it all starts with our robust, diverse suite of resources designed to support a variety of needs and interests for young people ages 13 to 25.

A universe of tools at your fingertips

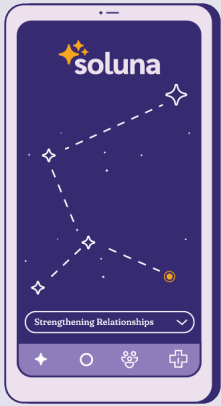
Here's a quick look at the resources we offer to ensure your child can find the support that's right for them:

🔧 Interactive tools: Our Thought Shaker, Mood Log, Starboard, and more will help users destress, find calm, and reset.

💬 Soluna coaches: Users can chat via text with a professional for personalized, 1:1 guidance.

🧠 Unique content: To learn more about their mental health, users can explore quizzes, text chats, swipeable activities, and more.

📖 Digital journal: For venting their feelings, jotting down ideas, or drafting big dreams, we provide users with a safe and private Free Write space.



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Soluna's commitment to you and your child

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. Share the Soluna App Store or Google Play link with your child.
2. Have them set up a free, anonymous account with zip code and birthdate.
3. Encourage them to embark on their 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.



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Or learn more at SolunaApp.com

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