

## 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.

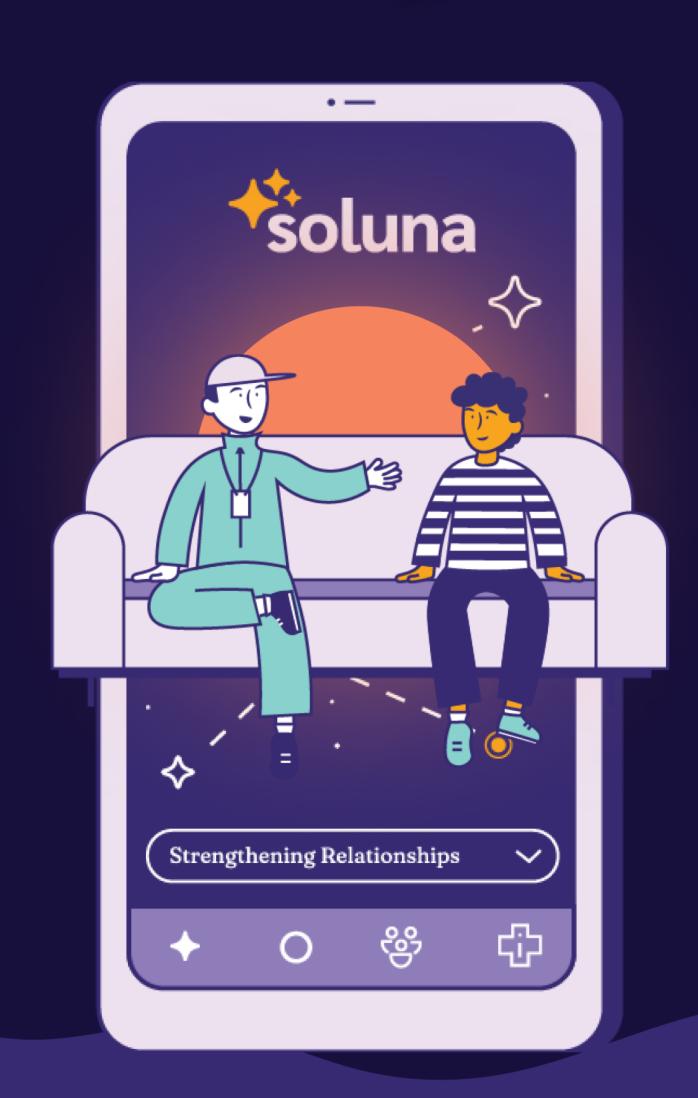
No cost.

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







