

Thank you for sharing Soluna!

Executive Directors or Principals can copy, customize, and send this email directly to teachers, counselors, and school staff.

Subject: Free Mental Health Support for Our Students: Introducing Soluna

Dear School Team,

Every day, you do incredible work to ensure our students feel safe, seen, and supported. To complement our existing wellness programs, we are excited to partner with Soluna, a confidential, no-cost digital mental health platform for California youth ages 13 to 25.

Soluna offers students 1-on-1 coaching, interactive self-help tools, peer support communities, and clinical resources.

Here are some ways to get started:

- **Staff Overview Deck:** Take a look at these brief presentation slides for a quick 15-minute overview:
[Access Staff Introductory Slides](#)
- **Share with caregivers and families:** Share resources with families and caregivers about the resources available.
[Access website](#) | [Download Digital Assets](#)
- **Request Free Classroom Materials:** Order free physical posters, flyers, and pocket cards for your classrooms and offices (*please note to select California when ordering*):
[Order Free Print Materials](#)
- **Share with Students:** Download ready-made presentation slides, social media graphics, and newsletter banners:
[Access Student Presentation Slides](#) | [Download Digital Assets](#)
- **Host Soluna on Campus:** Coordinate a date for the Soluna team to host an info table during lunch or wellness events:
[Invite the Soluna Team](#)

If you have any questions or need support rolling this out in your classroom or program, please feel free to reach out to the Soluna team directly at partnerships@solunaapp.com.