

Introducing...

soluna

A CalHOPE Program



 soluna · kooth ·  DHCS · CalHOPE

Soluna is part of California's **first-in-the-nation** initiative to transform youth access to behavioral and mental health support.

Soluna provides safe, free, and innovative mental health support to all 13-25 years olds in California, via smartphone, tablet, or web. **Easy to access. No costs attached. No insurance required. No referrals needed.**



Self-guided
resources and
calming activities



Safe, moderated
community forum
for **peer support**



**1:1 behavioral health
coaching** via chat,
video, and phone



Guided referrals to
ensure seamless,
localized support
through **Care
Navigation**

Available in English and Spanish • Phone coaching available in 17+ Medi-Cal Threshold Languages
Coaching available 10am - 10pm PST

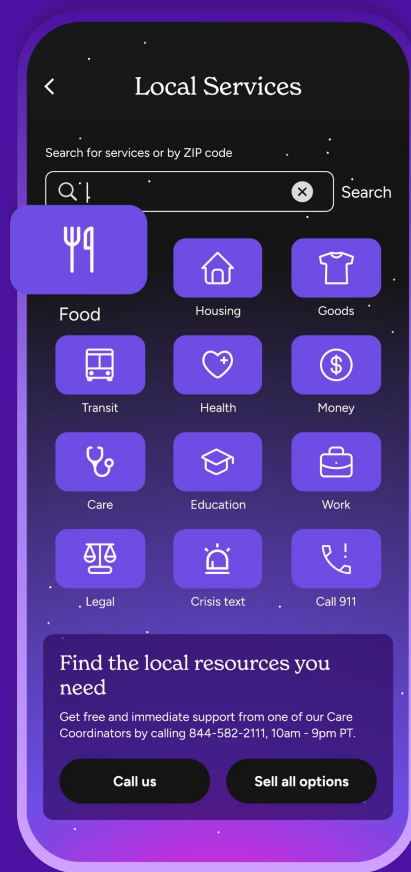
Features: Care Navigation

Soluna provides access to a Care Navigation service team that connects users to local support.

Trained care coordinators connect young people to needed resources from an extensive database of carefully curated resources and **vett ed affiliate partners**, ensuring they receive the care they need, when they need it.

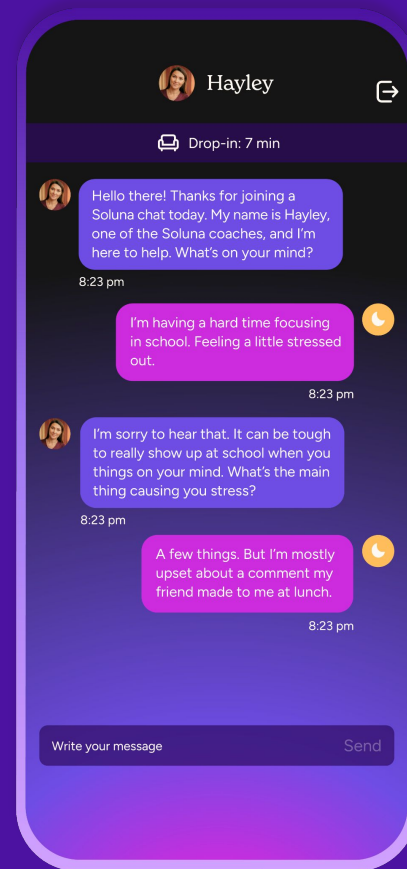
Whole-Person Approach to Address Social Determinants of Health

- Food Supports
- Housing Arrangements
- Transportation
- Financial Resources
- Traditional Healthcare
- Behavioral healthcare



Coaches are mental health professionals

- ➔ **Certified Peer Support Specialists:** Bring lived experience of mental health recovery or other social challenges
- ➔ **Mental Health Support Professionals:** Experienced practitioners with advanced degrees in mental health
- ➔ **Substance Use Disorder Counselors:** Specially trained and certified in supporting youth with substance use challenges
- ➔ Supervised by **Licensed Clinical Professionals:** LMFTs, LCSWs, LCPs, or similar who provide training, supervision, and safeguarding support
- ➔ [Learn more about our coaches here](#)



Safety First!



All user-generated content is **pre-moderated before going live** on the platform



Soluna's **anonymous model** protects service-user identity



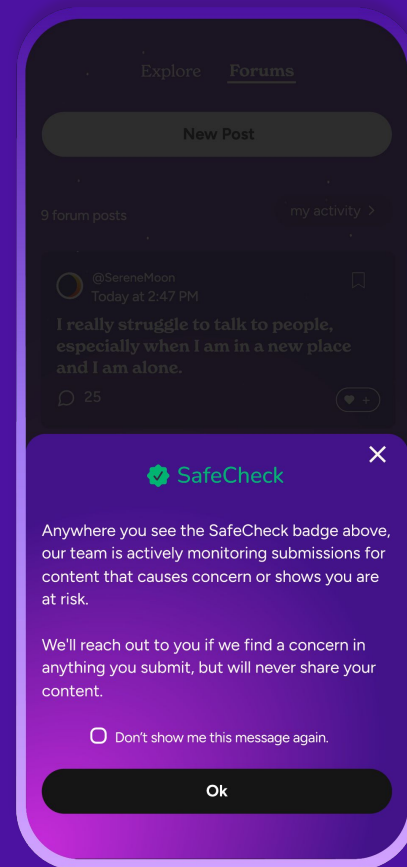
Robust **safeguarding policies** for risk management (suicide ideation, etc.)



Service users can create a **Wellness & Safety Plan** for reference during challenging times or crises



Service users **cannot directly message each other**; no possibility for inappropriate content or interactions



Since launching January 2024, Soluna has reached Youth in **all 58 counties** in California

191k+

CALIFORNIAN YOUTH
ON SOLUNA¹

69k+

COACHING CHATS
DELIVERED¹



57%

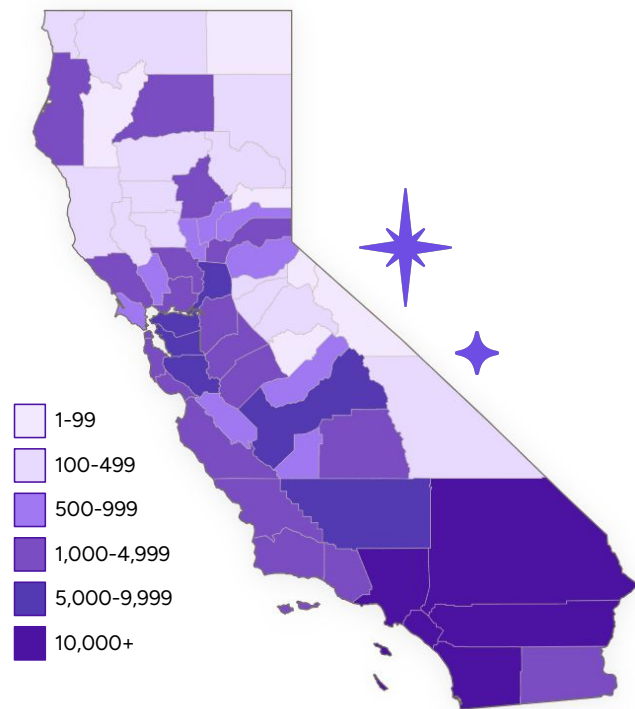
of users are from under
resourced communities²

55%

of users identify
as BIPOC Youth²

49%

of users identify as
Latine / Hispanic²



Soluna Users Report Positive Impact on their mental health

Soluna has **meaningfully increased access** to mental health supports and **youth report positive impact on their mental health**

43%

of coaching sessions occur outside of 9-5pm¹

43%

Users wouldn't have access to mental health support without Soluna²

49%

Of users report Soluna is their first time accessing mental health services²

54%

of respondents say Soluna helped them stay in education, training, or employment²

80%

of respondents report fewer visits to the ER or urgent care for mental health after using Soluna²

86%

of returning users report they can better support someone struggling with their mental health²

Service users love Soluna's Coaching:

97%

of coaching users reported they would recommend Soluna to a friend¹

83%

of coaching users meet at least one need during a single coaching session¹

1 - Reporting period Jan 1, 2024 - Jun 30, 2026

2 - Soluna User Feedback Survey [Stellar] 2025 & 2026 eligible users in California

As of March 31st, 2026, over 36,000 youth in Los Angeles County are using Soluna.

Top Five Presenting Issues:

1. Relationships
2. Anxiety
3. Stress
4. Low Mood
5. Family Issues

36.9k

YOUTH ON SOLUNA

13.6k

COACHING CHATS DELIVERED

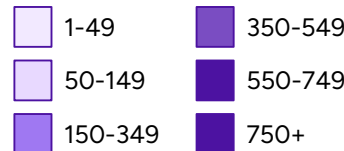
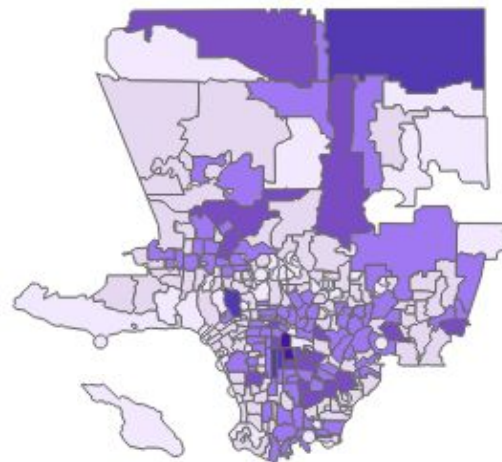
Age

27% 13-15 Years
9,872 USERS

23% 16-18 Years
8,324 USERS

21% 19-21 Years
6,610 USERS

30% 22-25 Years
11,111 USERS



Los Angeles User Demographics: Age, Gender

January 2024 through March 2026

Ethnicity

55% ♦ **25%** ♦ **16%**

Hispanic

Caucasian

African
American

14% Asian

4% Other

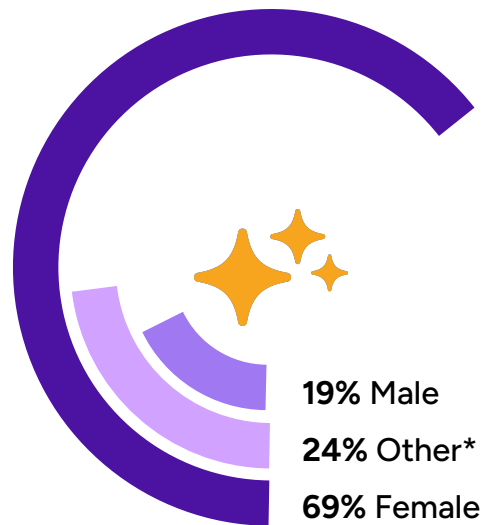
4% Prefer Not To Say

3% Native American Alaska Native

2% Middle Eastern North African

1% Native Hawaiian Pacific Islander

Gender



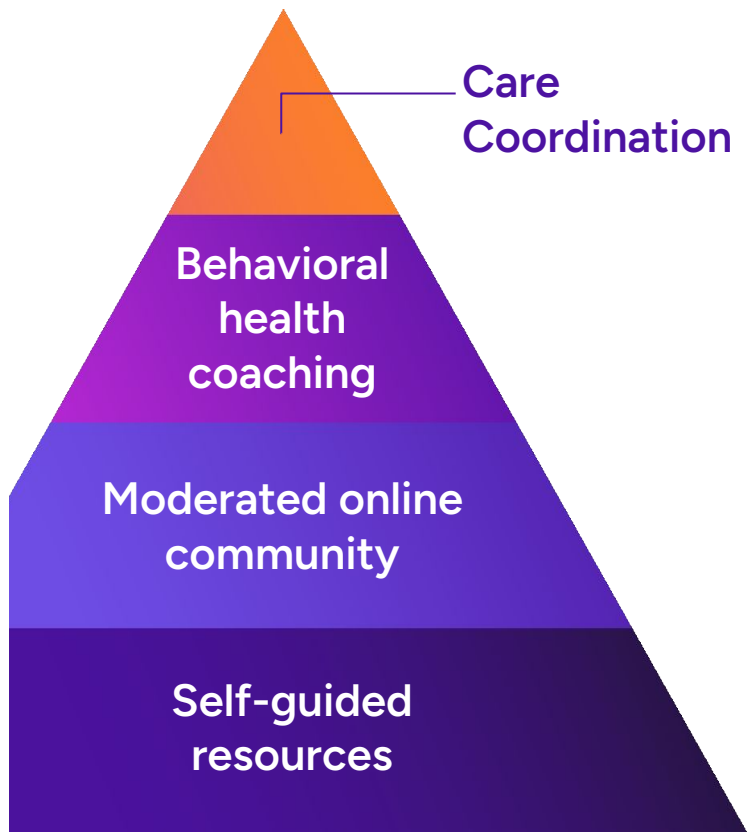
*Gender outside of the cisgender norm, including transgender, non-binary and other gender identities

Service users may select multiple options.

Ways to Use Soluna with Students



Universal Supports & Referral Network



✦ Our Focus

Tools, support, and community to help students support their mental wellbeing.

✦ 1:1 Coaching

Live professional guidance for extra support when needed.

- ✦ **Additional Help Outside Soluna**
Care Coordination bridges this support and is available in 17 Medi-Cal languages.

Supporting Your District's Strategic Goals



Students who feel better, learn better.

Soluna can support your strategic goals related to attendance and social-emotional development by providing tools and services that foster student wellness, resilience, and growth.

Supporting social emotional growth – anytime, anywhere

YOUR STRATEGIC GOAL

Graduate future-ready students by building social emotional skills across grades.

OUR ROLE

Offer 24/7 access to tools, content and 1:1 support that enhance social emotional growth outside of school.

WITH SOLUNA...

“I have been able to talk more about my emotions even when it’s hard.” – Soluna user, age 15

SOLUNA SUPPORTS YOUR DISTRICT GOAL BY

- **Interactive tools for practicing SEL skills** including breathwork, journaling, and mood tracking.
- **24/7 tools and content** that foster confidence, emotional awareness, and self-directed personal growth.
- **A safe, supportive peer community**, pre-moderated spaces where students can connect, reflect, and practice healthy relationship skills.
- **Future-focused coaching strategies**, helping students set goals, visualize success, and develop a hopeful, forward-looking mindset.

Partnering with Soluna



Supporting Back to School and Beyond

From implementation and staff support to ready-to use back-to school resources, we're here to help you build awareness and engagement from the start of the year and beyond.



Soluna Implementation Learning Collaborative

A dedicated space for California County Offices of Education (COE's) & Local Education Agencies (LEA'S) to align Soluna with existing systems, policies and empower school mental health champions to ensure sustainable support

To learn more email:
partnerships@solunaapp.com

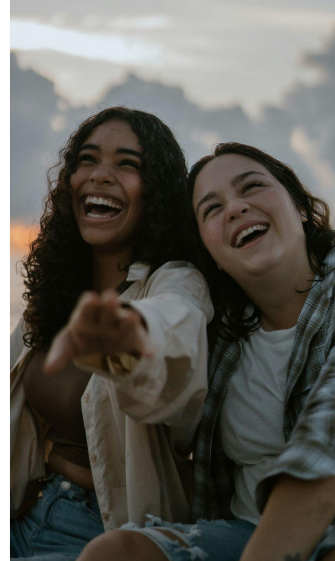


Back to School Campaign

- ★ **Invite Soluna to your Campus**
- ★ **Order Materials (no cost)**
- ★ **Staff Professional Development**

All designed to add zero workload to you, your counselors, social workers, psychologists, and teachers.

Scan the QR code to learn more



Help empower students and shape futures - [join Soluna's Educator Ambassador program](#) for more advocacy opportunities and access to exclusive merch and materials!

Thank you!

Together, we can
change lives.

For more info go to:

solunaapp.com/impact

✨ soluna · kooth · DHCS · CalHOPE

