



Getting Started with Soluna

A quick-start guide for parents and caregivers in New Jersey

Soluna offers free, immediate access to professional coaching, peer support, and self-help tools for young people ages 13-18 in New Jersey.

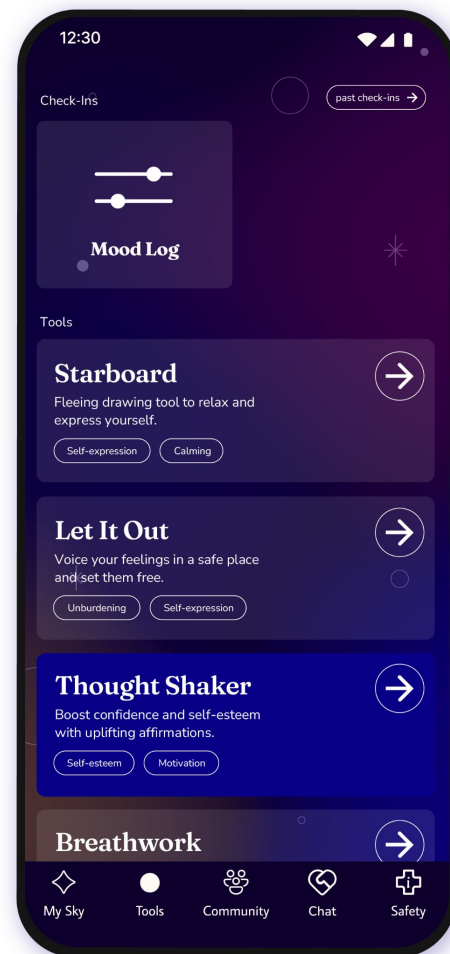
It's easy to get started

- 01 On a personal device, download Soluna from the [Google Play Store](#) or the [Apple App Store](#).
- 02 After choosing English or Spanish, users will be asked to identify their birthday and zip code to verify Soluna's availability in their area.
- 03 We take privacy seriously, so users will be asked to consent to our privacy policy. (You can read more [about it here](#).)
- 04 That's it! Your child can now kickstart their wellbeing journey.

To access 1:1 support,

Users can tap on the "Chat" tab to connect with a trained coach in the moment, or schedule a session with a licensed counselor.

However, if a user 15 or younger wishes to access 1:1 support, they will be guided through required steps to obtain parental consent.



For those 16 and older, no consent is needed under New Jersey State Law.

If your child doesn't have access to a smartphone, don't worry — [Soluna](#) is available via browser as well.

Common Questions About Soluna

Young people are struggling with their mental health in unprecedented numbers. Soluna is transforming how young people access mental health support, offering **free, immediate access to 1:1 professional support, secure peer forums, and self-help tools** anytime, anywhere.

Creating a safe environment is our highest priority. Every aspect of Soluna is designed with young people's wellbeing in mind, backed by **20-years of experience supporting over 17 million people worldwide.**

Questions? Check out our FAQs below.

→ Do I need to give permission for my child to use Soluna?

Per New Jersey law, if your child is 15 years or younger, parental consent will be required to use Soluna and when requesting 1:1 coaching or counseling. (You'll receive an email asking for your permission.) For those 16 and older, consent is not needed.

→ Do I need to enter my insurance information?

Soluna is funded by the New Jersey Department of Children and Families, free of charge to all users and their families. No insurance is required!

→ Are users able to chat with each other in Soluna?

No, users cannot directly message each other, add friends, or exchange personal information. All of Soluna's peer spaces are professionally moderated before comments are published to ensure safety.

→ Will I be able to see what my child is doing in Soluna?

While our providers are trained to help guide youth back to the safe, supportive adults in their lives, we don't share any user details or activity without explicit consent — except in cases where safety requires it.

→ How does Soluna ensure all content shared on the platform is safe?

Our safety team reviews every post before it goes live to confirm it aligns with community guidelines, contains no personal information, and fosters a supportive and safe environment.

→ How does Soluna handle situations where a young person needs additional support?

Our team is trained to identify when someone might need extra help and can connect them with appropriate local resources. [Learn more here ↗](#).

Download Soluna Today!

