



Evidence-based support for students. Zero cost for schools and families.



Soluna offers teens and young adults interactive tools, peer support, and 1:1 coaching and counseling to care for their mental wellbeing — available anytime from their own device. Funded by the New Jersey Department of Children and Families, **Soluna is free to youth in Bergen, Gloucester, Union, and Middlesex counties.**

✗ No wait lists ✗ No referrals ✗ No insurance needed

Soluna helps schools supplement behavioral health services with preventative care for students ages 13-18, available in English and Spanish*.

1:1 Coaching & Counseling

Teens can schedule with a licensed counselor or drop into a text session with a trained coach whenever they need someone in their corner.

**Counseling is available in English only.*

Peer Support Forums

Teens can share openly in a safe, anonymous space where comments are moderated before being published. (No direct messaging between users.)

Self-Guided Tools

Articles, journaling, and mindfulness tools help teens reset and build skills to handle life's ups and downs with more confidence.

Additional Services Directory

Whether looking for a therapist or accessing community services for food and housing, users can connect with care in any form it's needed.

Get started by visiting www.solunaapp.com/newjersey or searching for Soluna in the Google Play Store or Apple App Store.

Soluna offers essential care to students who have historically been underserved or beyond reach

Among the teens and young people who use Soluna in the U.S., survey data shows Soluna offers underserved communities accessible support when it's needed most.

51%

of respondents report having **never received mental health services** before using Soluna¹

55%

of service users identify as BIPOC Youth¹

97%

of users would recommend Soluna to a friend²

1-in-3

of respondents wouldn't have access to mental health services if Soluna wasn't available¹

50%

of coaching sessions occur outside of traditional 9-5 support hours

1 Data collected via Fall Quarterly User Feedback Survey

2 97% of Quarterly User Feedback Survey Respondents
04/29/2024 - 11/18/2024

Frequently Asked Questions

How does Soluna support youth in crisis?

When Imminent Risk is identified in asynchronous content, a member of our team will send a message with crisis resources, seeking additional identifying information, and encouraging them to connect with us to better address the risk.

What if a student doesn't have a personal phone?

If young people can't access the app, our web version of Soluna connects them with care right from a browser.

Are users anonymous on the app?

Yes. To access peer forums and 1-on-1 support, first name, last name, and an email address are required, but at no time is it visible to users in the platform. Users cannot chat directly or share personal contact information.

What is the difference between counseling and coaching?

Coaching is great for setting and reaching goals, while counseling offers more extensive support for a variety of emotional and psychological issues.

To view additional FAQs and read more about our privacy and safety policies, visit solunaapp.com/newjersey/faq/k12.

