

Soluna: All-in-One Mental Health App Transcript

Hello! In today's vlog, we will be sharing a bit more about Soluna. Soluna is a wonderful program with CalHOPE and it is 100% FREE! This platform is beneficial as it helps you keep track of your mental health. You can find the Soluna app on IOS and Android, however Soluna is solely app based, not web based.

I have said it once and I will say it again, the app is absolutely FREE and offers support to individuals ages 13 to 25. All supporting services are provided by the California Department of Health Care Services (or CDHCS). Funding is provided by the Children and Youth Behavioral Health Initiative (CYBHI). The Soluna app is available in three different states: California, New Jersey, and Illinois. Eligibility may vary depending on your state or insurance providers. The app has a combination of unique and key features that help support emotional balance and personal growth. Something that makes this app stand out is that it is available in 19 different languages!

How do we get started on using the Soluna app and how does it work? Well there are a few things we need to do in order to use the app to its fullest potential. The first step is registering with your email address. Next is providing your date of birth in order to verify you fall between 13 to 25 years of age. After inputting both your email and birth date, you will be asked to identify an area for personal growth.

The Soluna app offers beneficial features such as a Mood Log. This allows you to record and keep track of your daily mood while also reflecting on any patterns. Personal Goals set up during the registration process will help you see your progress! You will be able to see your mapped-out future in progress and Goals that you have met. Soluna also has a Free Write feature - an online journal that allows you to relieve stress and process feelings by writing it all down. For our more artsy people, we have Starboard which encourages you to draw freely and peacefully when words are not enough. Soluna users can also learn effective breathing techniques through Breathwork - providing easy instructions and animations. There are these tools and many more!

Soluna is available in Apple's App Store and in Android's Google Play - just type in Soluna into the search bar and you are done! For general questions and/or further discussion, please contact your CSS (Client Services Specialist) or Alexander Sanborn (Public Relations/Outreach Specialist). Remember that you are not alone - we are always here to support you!