

Soluna: California's Free Mental Health App for Youth

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What if there was a virtual all-in-one mental health App for our patients in California ages 13 to 25 years old? What if it was 100% free (no ads, subscriptions, in-app purchase) and confidential? What if the barriers of language and waitlists did not exist for these services?

I would like you to meet Soluna, California's \$4.7 billion investment designed to **improve the mental health of our young people and provide equitable access to mental health support for all California teens and young adults**. Soluna is a no-cost, evidence-based App that we can wholeheartedly recommend to our teens and young adults. Instead of watching TikTok videos, doomscrolling and reinforcing negative thoughts and feelings, Soluna users can spend their screen time in a way that supports their mental health.

The tag lines for Soluna are catchy and honest:

Prioritize your Peace.

Your space to de-stress, unwind, bounce back, reset, reconnect and seek support

Always free, Always anonymous

Mental health support that meets the moment

Build coping skills, set goals and get 1:1 support to navigate life's challenges

The menu of options is wide and includes:

1. **Self-support:** Interactive self-care tools, quizzes and mood logs
2. **Peer support:** Peer connection in community discussions
3. **Professional support:** Diverse, multilingual 1:1 tele-coaching via text, phone call or video. Patients can schedule a visit with a chosen coach or drop in for a chat from 10 am to 10pm PT. Coaches are available who can communicate in 17 languages.
4. **Community resources:** Care navigation to locate critical local resources (food, housing, therapy).

Is it safe? The services are not intended for crises, but links to crisis resources are plentiful on the App. The peer community forums are pre-moderated before going live to protect participants. Users cannot directly message each other; no possibility of inappropriate content or interactions. Activities are private unless there is concern for safety: "We may need to take action to protect you, which could involve contacting emergency services or relevant authorities." Service users can create a Wellness and Safety Plan for reference during challenging times or crises

Reading the testimonials from actual users is reassuring that the App is actually doing what it was created to do. A user feedback survey found that 93% of coaching users would recommend Soluna to a friend.

Since its launch in January 2024, Soluna has reached youth in all 58 counties in California. Currently more than 129,000 California youth have been served. Access has been increased for the underserved with 57% of users from under resourced communities. 48% of users identify as Latine. 50% report Soluna is their first time accessing mental health services.

As I explored the Soluna App, my favorite self-care activities were the **Thought Shaker Affirmations, the Noise Cleanse and Myth or Fact**.

The Community Polls are easy and informative and supportive.

Check out the App yourself so you can better endorse it with your patients.

Your patients will appreciate your experience with a virtual space that is full of resources created and meant for them. The Soluna website also has easy links to order posters, cards and flyers to promote the Soluna App to your patients.

[Soluna App](#)



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