



Extra support for New Jersey teens. Zero cost for families.



Soluna's free, confidential platform helps teens and young adults build skills to navigate life's challenges. Available anytime, anywhere, Soluna gives young people tools and 1:1 professional support to inspire self-confidence and personal development.

Why families love Soluna

Teens and young adults ages 13-18 in New Jersey can access Soluna in English or Spanish from any device, seven days a week — no insurance, no referrals, and no wait lists. Designed with the input of young people, families love that Soluna offers:

1:1 support on their schedule

Teens can connect with a trained Soluna Coach or schedule a session with a state-licensed counselor whenever they need judgment-free, safe support.

Safe, supportive peer connection

In Soluna's anonymous community forums, youth find peers who get what they're going through, but unlike social media, there is no direct messaging between users, and trained moderators review every post before it's published.

Interactive tools for skill-building

Inspired by positive psychology, Soluna's tools and resources encourage users to embrace their strengths, values, and goals to improve their wellbeing.

Real help finding real-world support

Whether it's finding a therapist or locating housing, Soluna helps young people search for and connect with low- or no-cost services in their area.

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



“ Soluna has helped me understand my emotions and be able to work out various issues. It's a safe space that helps me to learn new things for my relationships, overall being, and mental health.”

– Soluna user, age 14

If it's on a young person's mind, we're here to help. Some of the things

Soluna users seek support for include:

- ✦ Stress and anxiety
- ✦ Sleep difficulties
- ✦ Sadness and depression
- ✦ Friendships
- ✦ School/academic pressures
- ✦ Eating difficulties
- ✦ Loneliness
- ✦ Anger
- ✦ Lack of confidence
- ✦ Big life changes
- ✦ Social media stressors

Soluna's commitment to families

Access to the Soluna app is 100% free. No ads, no data sales, ever. Our highest priority is creating a safe environment for young people.

How does my child get started?

Soluna is available for download in the Google Play Store or App Store, or they can use Soluna with any internet-enabled browser at solunaapp.com/newjersey.

Do I need to give consent for my child to use Soluna?

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

Are users able to chat with each other in Soluna?

No, users **cannot** directly message each other at any time in Soluna. Additionally, all peer forums are moderated by professionals **before** comments and posts are published.

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

Our providers guide youth to connect with the safe, supportive adults in their lives, but we don't share any user details or activity without explicit consent — except in cases where safety requires it.

Soluna users love 1:1 chats with behavioral health professionals

96%

say they felt understood, heard, and respected

95%

say the person helping them was a good fit for them

95%

say the session was right for them overall

94%

say they would recommend Soluna to a friend

To learn more, including additional FAQs, visit SolunaApp.com/families

