

BEHAVIORAL HEALTH RESOURCES

Welcome:

March often brings a mix of new energy and new challenges for families – school routines shift, activities pick up, and many young people start feeling the weight of the year settling in. It's a time when emotional support, connection, and simple tools for wellbeing can make a meaningful difference. This month, we're highlighting two free resources designed specifically for teens and young adults in California. Soluna and Mirror offer safe, accessible ways for youth to talk through what they're feeling, build coping skills, and reflect in a private, supportive space. Our hope is that these tools help young people feel grounded, understood, and supported as they navigate the months ahead.

Soluna – Free Mental Health Support Age 13–25:

Soluna is a free, confidential wellbeing app created for California youth ages 13–25. It's part of the state's Children and Youth Behavioral Health Initiative (CYBHI), a major effort to expand access to emotional support for young people.

What Soluna Offers

- 1:1 Coaching Anytime – Youth can connect with trained coaches for judgment-free support, either immediately or by scheduling ahead. Coaching is available in English and Spanish, with tele-coaching in 17+ additional languages.
- Self-Guided Wellbeing Tools – Activities help youth manage stress, build coping skills, set goals, and reflect on their emotions.
- Peer Support Communities – Moderated spaces where young people can share experiences and feel less alone.
- Care Navigation – Help finding therapists, local programs, and community resources.
- Phone-Based Coaching – For youth without smartphones, coaching is available by phone in 19 languages.
- No Insurance, No Cost – Soluna removes financial and administrative barriers entirely.

Why Soluna Matters:

Soluna is designed for the real lives of teens and young adults: private, flexible, and available anytime. Youth describe Soluna as a space where they feel heard, valued, and supported – especially during stressful or uncertain moments.

Mirror – A Private Journaling App for Teens & Young Adults

Mirror is a **research-backed journaling app** created by the Child Mind Institute to help teens reflect, understand their emotions, and build healthier coping habits. It's available free in the U.S. for iOS and Android.

What Mirror Offers

- **Flexible Journaling Formats** – Youth can write entries, record audio, or film short videos.
- **Guided Prompts from Clinicians** – Prompts designed by mental health experts help teens explore emotions and build self-awareness.
- **Mood Tracking & AI Insights** – Intelligent summaries help users notice emotional patterns over time.
- **Strong Privacy Protections** – Entries stay on the device, protected by biometric or PIN security.
- **Safety-Aware Design** – If an entry suggests possible self-harm, Mirror blocks summaries and provides supportive resources.
- **Part of California's Youth Mental Health Initiative** – Developed in partnership with CYBHI to expand access to digital mental health tools.

Why Mirror Matters

Mirror gives teens a **private, pressure-free space** to process emotions without likes, comments, or comparison. It supports emotional literacy, resilience, and self-connection – skills that help youth navigate both everyday stress and bigger challenges.

Why These Two Apps Work Well Together

Soluna and Mirror complement each other beautifully:

- **Soluna supports connection** – real people, real conversations, real-time help.
- **Mirror supports reflection** – private journaling, emotional insight, and self-awareness.

Together, they give youth both someone to talk to and a space to understand themselves – two essential ingredients for emotional wellbeing.

LEARN MORE

[Soluna](#)

[Mirror](#)





A Message from the GAP Program Director

As kinship caregivers, you show up every day for children and youth who have experienced more than their share of challenges. This month's focus on mental health resources for older youth and young adults reflects a reality many of you are navigating—supporting teens who may be carrying the weight of past trauma while trying to find their place in the world. Adolescence and early adulthood can bring complex emotions, identity exploration, and increased independence, all of which can intensify the effects of earlier experiences. We hope the tools and resources in this issue help you feel more equipped and less alone in supporting your youth's mental health and well-being. Your steady presence, patience, and advocacy make a lasting difference, even on the hardest days.

Jennifer Odum, Director