

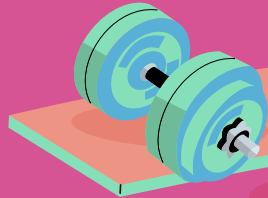


# SABIA

Supporting  
emotional  
well-being  
for improved  
wellness

**How much does your emotional well-being impact your overall health?**  
It's time to recognize that emotional equilibrium is as essential as physical health.

In a rapidly changing world, maintaining this balance becomes increasingly challenging.



The costs of inaction on emotional well-being are substantial and expected to increase, exacerbated by global challenges such as social, political, and environmental changes, growing digitalization, economic pressures, and profound shifts in the labour market.

**ADVANCE**  
MENTAL HEALTH RESEARCH DONE DIFFERENTLY

**SMILE**

The Sabia Cluster is a group of 4 European projects united in promoting wellness and fostering emotional resilience across Europe.

**Net&Me  
+BootStRaP**

**IMPROVA**

Our cluster develops innovative digital platforms and technologies tailored for adolescents, the elderly, and other vulnerable populations, enhancing their daily lives.

By involving policy makers, practitioners, end-users, and the scientific community, we ensure our solutions are effective and inclusive.



# SABIA



Join us in supporting  
a healthier Europe.  
Visit our website

[advancementalhealth.ku.dk](http://advancementalhealth.ku.dk)

[horizonsmile.eu](http://horizonsmile.eu)

[internetandme.eu](http://internetandme.eu)

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[horizonresultsbooster.eu](http://horizonresultsbooster.eu)

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