

# SMILE

***A platform for strengthening the mental health of young people***



15 partners from 9 European countries



# Taking Care of Mental Health of Young People



## What is the SMILE project about?



We empower young people from 10 to 24 years old with the tools and knowledge they need to build resilience and mental well-being in a safe and supportive environment.

## What does SMILE offer?



✔ **Serious Game:** Provides young people a safe space to explore emotions, learn and grow through fun and interactive challenges.



✔ **Awareness Mobile APP:** Equips young people with practical and helpful tips, self-care techniques, and useful information.



✔ **Decision Support System:** Offers practitioners an advanced support with evidence-based guidance to enhance care.



✔ **Knowledge Management Ecosystem Portal (KM-EP):** An open platform for the general public sharing knowledge and best practices for improved outcomes.





# Nurturing Healthy Minds with SMILE

*SMILE enhances youth social development and emotional intelligence through fun and engaging ways to build essential life skills*

Mastering your mind

Smart thinking

Problem-solving

Connecting and Communicating

Dealing with tough times



**Contact us for more information: [www.horizonsmile.eu/contact/](http://www.horizonsmile.eu/contact/)**



## Let's Support Each Other

- Emotional well-being
- Psychological well-being
- Social well-being
- Self-Care Strategies
- Social Connections



## Stay Connected

Be part of the SMILE Community  
Register here to receive SMILE news:  
[www.horizonsmile.eu/join-smile-community](http://www.horizonsmile.eu/join-smile-community)

