



New digital stressors :

- Social media pressure
- Cyberbullying
- privacy concerns
- Digital addiction



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Adolescents need to be heard, develop positive thoughts and receive peer support



# WHAT IS MENTAL HEALTH DISTRESS



Isolation, poor communication, vaccine fear



Harassment, stigmatisation



WELCOME TO

SMILE

We develop digital mental health solutions for young people.

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EU Contribution: € 6,018,376

14 partners from 8 European countries

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- 2** Self-assessment and Learning new skills through gamified scenarios



- 3** Be more resilient, have healthier lifestyle and promote your self-care



## OUR VISION

is that the emerging methods and technologies of Gamification and AI are a real opportunity to boost mental health organisations, supplement diagnostic and treatment gaps and meet the SDGs as SDGs3 and the WHO Mental health action plan.

## OUR AMBITION

is to empower the lived experience of youth with an emphasis on a recovery-oriented and psychosocial approach to mental health and well-being. The aim is to boost individuals' resilience towards stress while creating "benefits" both at the individual and society levels.

## OUR SOLUTIONS

The Open knowledge Platform (OKP) will be at the heart of decreasing the risks of psychological distress and increasing awareness about mental health. The **gamified scenarios and AI-tools** will be the brain of self assessment, monitoring and care.

## GET IN TOUCH

### WEBSITE:

<https://www.horizonsmile.eu/>

### SOCIAL MEDIA:

@HorizonSmile

### Partners



**FTK**  
Forschungsinstitut  
für Telekommunikation  
und Kooperation

**RDI'UP**

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**NUROGAMES**



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**Intras**

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UNIVERZITETNO MESTO MARIBOR