



Supporting Mental health in young People: Integrated Methodology for cLinical dEcisions and evidence-based interventions

1 A better understanding of mental health in youth

The association between stressors and the development of anxiety and depression will permit SMILE to promote resilience in young people by increasing their cognitive flexibility, positive thinking, and self confidence.

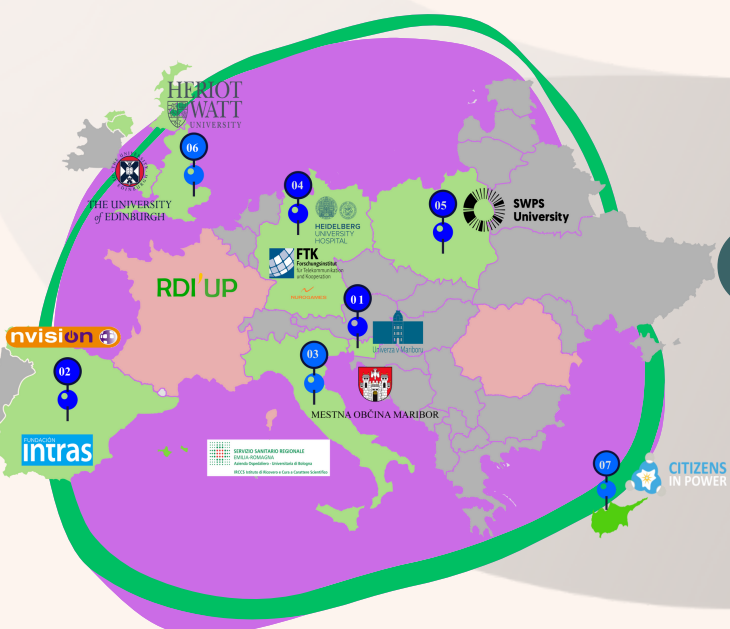


2 Co-creation of gamified scenarios and novel tools

Living-labs, focus groups and engaging discussions between clinical and technical will allow to co-design innovative and sustainable solutions to address SMILE challenges in an inclusive process.

3 Development of solutions and methods

The emerging methods and technologies of Gamification and AI tools are a real opportunity to assess mental health, learn coping skills and implement CBT to change how adolescents think and behave.



4 Evidence-based interventions in seven different cases studies

7 different pilot sites will test and evaluate the developed tools and services. The results and lessons learnt will allow SMILE to improve interventions, reduce treatment gaps and meet the SDGs objectives.

SMILE Consortium

