



#### New digital stressors :

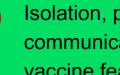
- Social media pressure
- Cyberbullying
- privacy concerns
- Digital addition





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





Isolation, poor communication, vaccine fear



Harassment, stigmatisation



WELCOME TO

# SMILE

We develop digital mental health solutions for young people.

From 01-05-2023 to 31-10-2026

EU Contribution: € 6,018,376

14 partners from 8 European countries

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Self-assessment and Learning new skills through gamified scenarios





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 recoveryoriented 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 Al-tools** will be the brain of self assessment, monitoring and care.

## **GET IN TOUCH**

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

#### **SOCIAL MEDIA:** @HorizonSmile

#### Partners









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ALMA MATER STUDIORUM Università di Bologna





