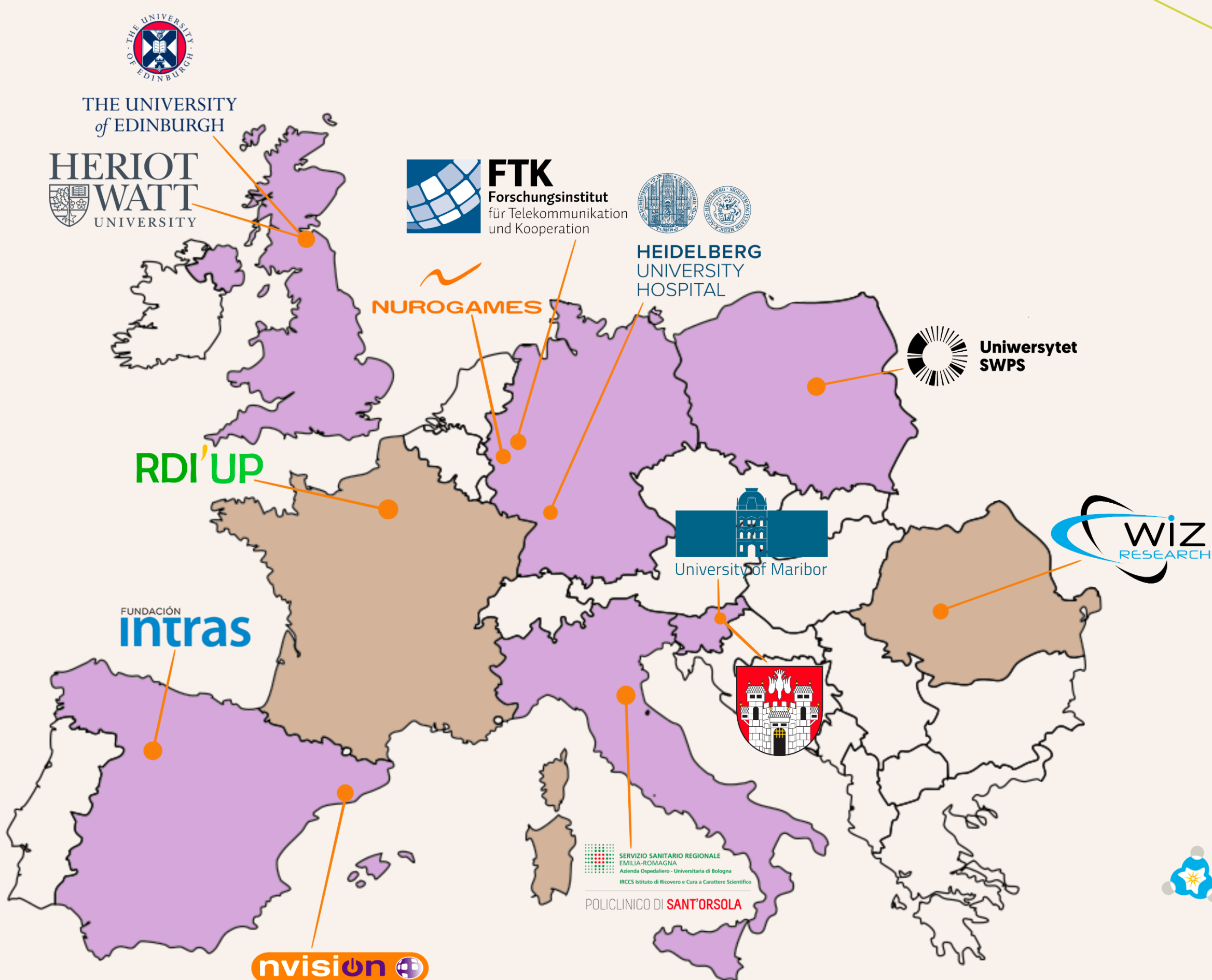
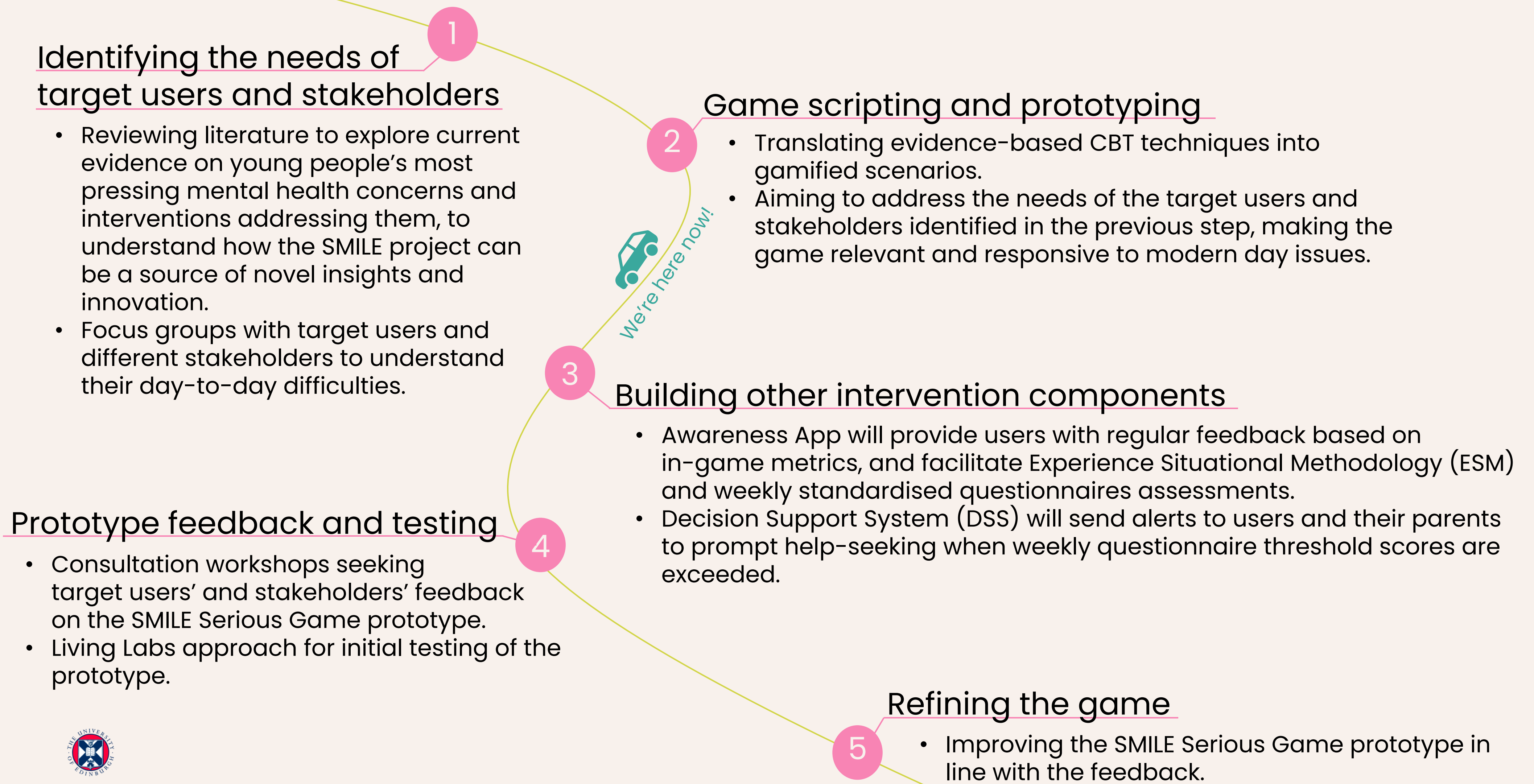


SMILE

Supporting Mental Health in Young People: Integrated Methodology for Clinical Decisions and evidence-based interventions

Digital solutions offer the opportunity to overcome barriers to treatment and address the complex mental health needs faced by young people in the digital world.

SMILE aims to develop a gamified environment targeting signs of mental distress in young people aged 10 to 24 years old. Drawing from the principles of Cognitive Behavioural Therapy (CBT), the SMILE serious game intends to equip young people with meta-skills required to resiliently cope with day-to-day stressors.



6 Piloting the intervention

- Testing the effectiveness, acceptability and feasibility of the SMILE Serious Game in a step-wedge design randomised control trial.
- Piloting to take place across sites in 7 European countries.



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