

# SMILES PROGRAM



*Internationally recognised as best practice by the  
American Journal of Orthopsychiatry (2004)*

**S**implifying

**M**ental

**I**llness

*Plus*

**L**ife

**E**nhancement

**S**kills

A program for  
children aged 8-12 years old  
or young people aged 13-16 years old  
who have a mother, father, brother or sister  
experiencing a mental health problem

*Created by*  
**Erica Pitman**