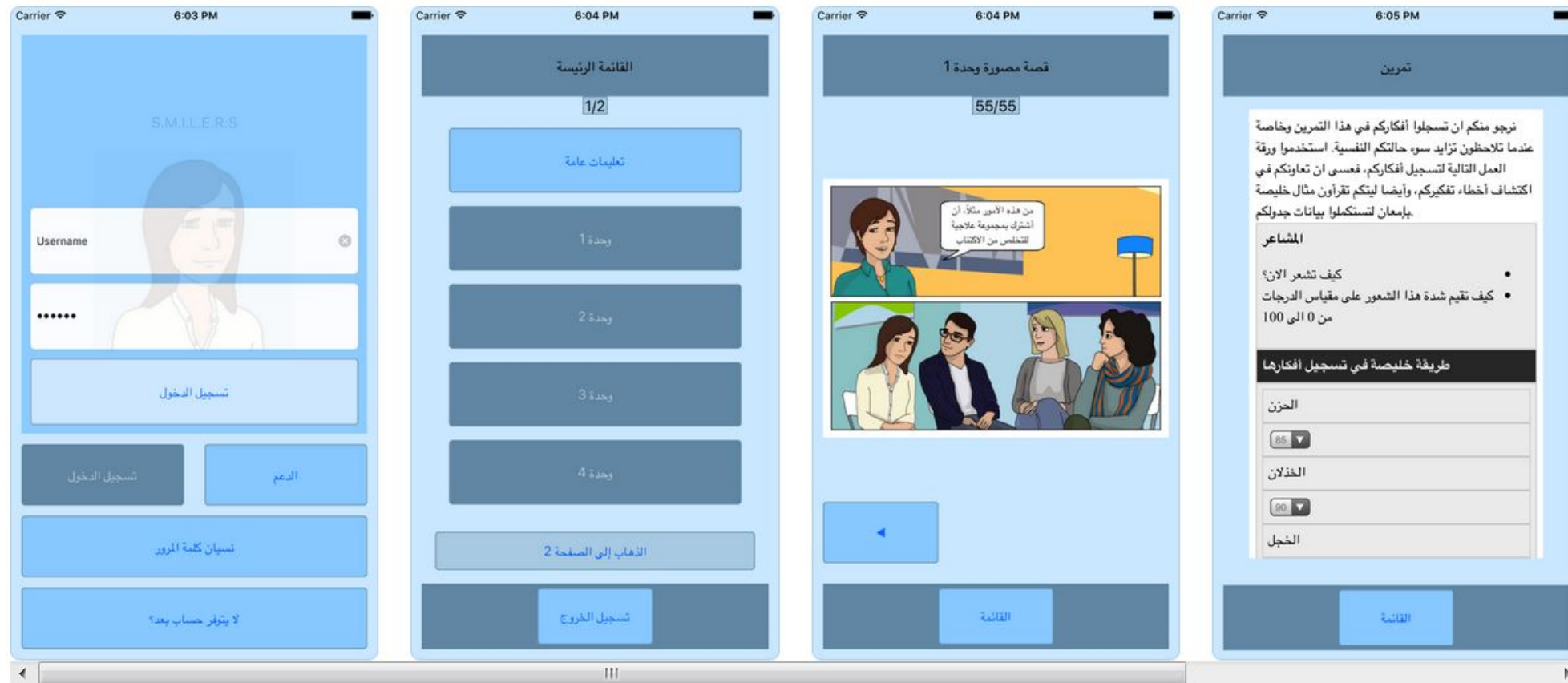


iPhone-Screenshots



SMILERS is a self-help program for Arabic-speaking people suffering from depressive symptoms. Whenever you feel sad, depressed or lonely, suffer from sleeping problems or have difficulties in concentration, SMILERS might help you feel better. By using SMILERS you can discover what might cause your problems and different lessons provide strategies to cope with them. You can follow a pictured cover story, read texts, listen to Audio files and use little exercises to get yourself back to happiness. [mehr](#)