

National Event

UCP2 Mental Health: changes in Mental Health and Well-Being at Universidade Católica

2:15 PM – Welcome

2:30 PM – Opening Session

Isabel Braga da Cruz, Pro-Rector for the Porto Regional Center

Paulo Azevedo Dias, Pro-Rector for the Braga Regional Center

Raquel Matos, Dean of the Faculty of Education and Psychology

2:45 PM – Universities and Mental Health: A Challenge That Can No Longer Be Ignored

Margarida Gaspar de Matos, Full Professor at the Faculty of Human Sciences

Talking with Students

3:45 PM – Coffee Break

4:15 PM – How mental health and well-being are evolving at Universidade Católica

Presentation of UCP2 Mental Health – Integrated System of Mental Health and Well-Being Activities and Services at Universidade Católica

- *Mental Health Literacy and Psychological First Aid Workshops*
- *UCP2 Be Curriculum Unit – Integrated soft skills development in the academic journey*
- *Pro - Stress - Academic Stress Management, in partnership with the Life Skills School - APsi of UMinho*
- *Digital Platform for Psychological Support for Students*
- *Students with a Voice – Launch of the UCP Students' Voices Call 2025/2026*

5:15 PM – Signing of Institutional Protocols and Closing

*Students will subsequently receive a certificate of participation via email.