



UNIVERSIDADE
CATOLICA
PORTUGUESA

UCP2
mental
health



Program 2nd semester 2025/2026

Católica, Universidade | Portugal

Mental Health Literacy and Psychological First Aid Workshops for International Students

UCP2 Mental Health

Workshop “Upload your mental health” | Online | English

March 11th, 2:30PM – 4PM

In this workshop, you will gain a better understanding of the importance of mental health and how it affects your daily life. You will also learn that when you face challenging situations for which you may not yet have ready strategies, it does not mean something is wrong with you.

Workshop “Freeze or Fight? Psychological First Aid for Panic Attacks” | Online | English

April 22nd, 2:30 – 4PM

In this workshop, we will discuss what to do when a panic attack occurs, whether it's happening to you or someone around you. We will share quick and practical strategies to help control the moment and minimize its impact. You'll leave with useful tools to handle panic situations more calmly and effectively.

Workshop “Lost in Transition: Psychological First Aid for International Students’ Stress” | Online | English

May 13th, 2:30 – 4PM

In this workshop, we will explore the hidden stress of adapting to a new country. Expect practical strategies you can apply right away to live your international experience with more joy and confidence.

Do you have any questions? Contact [UCP2 Mental Health](#).