



UNIVERSIDADE  
CATÓLICA  
PORTUGUESA

UCP2  
Mental  
health



PROGRAMA  
PROMOÇÃO  
SAÚDE MENTAL  
ENSINO SUPERIOR

DGES  
Direção-Geral do Ensino Superior

## 2nd Semester Programme 2025/2025

Católica, Universidade | Portugal

Mental Health Literacy and Psychological First Aid Workshops

UCP2 Mental Health

### Workshop “Mind & Teach: Performance Anxiety in University Students” | Online | Portuguese

March 24, 4:00–6:00 pm

In this workshop, we aim to explore and understand how performance anxiety manifests in students, its multiple dimensions, and how it can affect academic performance. Participants will receive guidance on warning signs and practical strategies to manage challenging situations in the academic context.

### Workshop “Mind & Teach: Crisis Intervention” | Online | Portuguese

April 21, 4:00–6:00 pm

In this workshop, we will discuss how educators can support students during moments of crisis. Participants will learn strategies to manage panic attacks, episodes of emotional dysregulation, and epilepsy.

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