



UNIVERSIDADE
CATÓLICA
PORTUGUESA

UCP2
Mental
health



2nd Semester Programme 2025/2026

Porto Campus - Católica, Universidade | Portugal

Mental Health Literacy and Psychological First Aid Workshops

UCP2 Mental Health

Workshop “Friendship or Trap? Identifying and Navigating Toxic Relationships” | In-person | Portuguese

March 11, 2:30–4:00 pm

In this workshop, we will explore dysfunctional dynamics, behavioural red flags, and the psychosocial impacts of toxic relationships. Participants will leave with practical strategies to prevent the escalation of negative relational patterns in their lives.

Workshop “From Digital Connection to Human Presence: Disconnect to Reconnect” | In-person | Portuguese

March 25, 2:30–4:00 pm

In this workshop, we will explore the impact of mobile phone use on attention, relationships, and mental health. Participants will leave with practical strategies for digital hygiene and emotional regulation.

Workshop “Social Anxiety: Understanding Fear in Social Situations” | In-person | Portuguese

April 15, 2:30–4:00 pm

In this workshop, we will explore what social anxiety is, how it manifests, and how it can affect daily life. Participants will leave with practical strategies to manage fear of judgment in social situations and to build and strengthen their self-confidence.



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E ENSINO SUPERIOR



PROGRAMA
PROMOÇÃO
SAÚDE MENTAL
ENSINO SUPERIOR



DGES
Direção-Geral do Ensino Superior

Workshop “Ghost the Blue Mondays” | In-person | Portuguese

April 29, 2:30–4:00 pm

Some days feel heavier – it’s part of the human experience. Sometimes, that feeling lingers and becomes harder to overcome. In this two-session workshop, participants will explore what lies behind these challenging days and learn practical strategies to navigate them.

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