

CELEBRATION OF WORLD MENTAL HEALTH DAY 2013

7th Anniversary of ENCONTRAR+SE | Oporto, Portugal, 10th, 11th, 12th & 21st October 2013

Oporto Meeting on the Promotion of Mental Health in Young People. Current Challenges and Future Avenues Catholic University of Portugal, Oporto, 21st October 2013

Carvalho Guerra Auditorium

9:00 am

Registration

9:30 am

Opening Session

9:45 am

Opening Conference

PROMOTION OF MENTAL HEALTH IN YOUNG PEOPLE. CURRENT CHALLENGES AND FUTURE AVENUES

Sara Evans-Lacko | Centre for Innovation and Evaluation in Mental Health / Health Service and Population Research
Institute of Psychiatry, London, U.K.

10:45 am

Coffee-break

11:00 am

Symposium-debate “Mental Health Literacy in Young People”

Chairperson

Margarida Gaspar de Matos | Faculdade de Motricidade Humana, Coordinator of the Research and Teaching Group -
Health Education & Promotion

Talk 1: The importance of combating stigma

Jo Loughram | RETHINK, time to change, UK

Talk 2: Mental Health Literacy in Portuguese young people

Luísa Campos | Faculty of Education and Psychology - Catholic University of Portugal and Coordinator of the projects
“UPA Makes the Difference”; “Finding Space to Mental Health” & “Professores UPA fazem a diferença”

Talk 3: The role of the internet to reach young people

Luís Loureiro | Escola Superior de Enfermagem de Coimbra and Coordinator of “Feliz Mente” project

Talk 4: Promoting mental health in high-risk

Carla Fernandes | Médicos do Mundo and Coordinator of “Like ME” project

12:30 pm

Open debate

13:00 pm

Lunch

15:00 pm

WORKSHOP 1 (room ECo08)

Promoting mental health literacy: A whole school approach

15:00 pm

WORKSHOP 2 (room ECo14)

Assessment of psychopathology in children and adolescents with ASEBA

Organization



CATÓLICA PORTO
FACULDADE DE EDUCAÇÃO E PSICOLOGIA

FCT Fundação para a Ciência e a Tecnologia
MINISTÉRIO DA CIÊNCIA, TECNOLOGIA E ENSINO SUPERIOR Portugal



ENCONTRAR+SE