



UNIVERSIDADE  
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Mental  
health



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## 2nd Semester Programme 2025/2025

Católica, Universidade | Portugal

### Mental Health Literacy and Psychological First Aid Workshops

#### UCP2 Mental Health

#### **Workshop “Friendship or Trap? Identifying and Navigating Toxic Relationships” | Online | Portuguese**

March 10, 2:00–3:30 pm | March 19, 3:30–5:00 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” | Online | Portuguese**

April 14, 2:00–3:30 pm | April 23, 3:30–5:00 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” | Online | Portuguese**

April 28, 2:00–3:30 pm | May 7, 3:30–5:00 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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## **Workshop “Ghost the Blue Mondays” | Online | Portuguese**

May 12, 2:00–3:30 pm | May 21, 3:30–5:00 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](#).