

**FelizMente:** *Mental Health Education and Sensibilization: a school-based intervention program for adolescents and young*



## PROJECT TOTAL DURATION

36 months (03.2011 - 03.2014)

## PROJECT TOTAL GRANT

€ 161 998,00

## COFUNDING

PTDC/CPE-CED/112546/2009

FCT/MCTES(PIDDAC)

FEDER/COMPETE/QREN



## PRIORITY RESEARCH TOPIC

HEALTH EDUCATION AND LITERACY

## PROJECT OBJECTIVES

- TO INCREASE THE CAPACITY TO RECOGNIZE THE DIFFERENT TYPES OF DISORDERS;
- TO INCREASE THE KNOWLEDGE AND BELIEFS ABOUT THE RISKS FACTORS AND PROTECTION MECHANISMS, AS WELL AS THE CAUSES;
- TO DEVELOP ATTITUDES WHICH FACILITATE THE RECOGNITION OF DISORDERS AND THE SEARCH FOR PROFESSIONAL HELP. IT IS ALSO OUR AIM TO FIGHT AGAINST THE STIGMA AND DISCRIMINATION ASSOCIATED TO MENTAL DISORDERS.

## APPLICANT ORGANIZATION

HEALTH SCIENCES RESEARCH UNIT: NURSING (RESEARCHERS: LUÍS LOUREIRO; MANUEL RODRIGUES; AIDA MENDES; TERESA BARROSO; JOSÉ CARLOS SANTOS; RICARDO FERREIRA)

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