



Universidade de Évora

Open call rules

Applications for Admission: Curso de formação em Promoção da Saúde Mental
(Mental Health Promotion)
Academic Year 2024/2025

1. The program is promoted by

Universidade de Évora - Escola Superior de Enfermagem S. João de Deus

2. Coordenador(a)

Maria de Fátima Santos Rosado Marques (mfm@uevora.pt)

3. Program description

Promoting mental health is contributing to a full life, empowering people to face everyday challenges. With a preponderant role, which influences all aspects of human life, mental health has a transversal approach, covering emotional well-being, social relationships and the ability to face adversity. Through the proposed themes, each person will be encouraged to take care of their mental health, aiming to take care of themselves and also the connections they reestablish with their context, in order to realize their full potential effectively.

4. Objectives

1. Understand the importance of promoting mental health and preventing mental illness.
2. Explore and apply different non-pharmacological interventions in nursing practice, enhancing the promotion of healthy lifestyles.
3. Understand the interconnection between cognitive, emotional, neurophysiological and behavioral factors in the regulation of stress and anxiety.
4. Apply strategies based on integrative interventions to promote healthy habits and well-being.

5. General conditions of access and admission

i General conditions

Be over 18 years old and resident permit. If you do not have Portuguese nationality, you must have a residence permit and tax payer number .

ii **Specific admission conditions**

Nursing Graduation

iii **Required academic qualifications** Higher Education - Degree (Pre -Bolhan) or equivalent

iv **Necessary documentation**

- a) identification document;
- b) document(s) proving the qualifications required in the Announcement for access to the course;
- c) document proving the IBAN of the bank account held by the candidate, in which the name of the holder is mentioned;
- d) proof of residence permit, in the case of foreign students;
- e) document with tax identification number, in the case of foreign students;
- f) if applicable, proof of unemployment;

6. Selection Process

Date of application submission.

7. Maximum number of admissions

- Maximum number of admissions: 30

8. Minimum number of students

Minimum number of students: 10

9. Tuition fee

- Tuition fee: 150,00 €

This course is covered by the PRR's Adult Impulse. Students can receive two prizes: the participation prize, equal in value to the course fee, and the completion prize ([according to Regulation](#)), to be paid into a bank account held by the student.

10. ECTS

- Number of ECTS of the program: 3

11. Horas de Contacto

- Total de horas de contacto: 26

12. Learning Type

b-Learning

13. Schedule type

Mixed

14. Classes location

University of Évora: Escola Superior de Enfermagem São João de Deus, Largo do Senhor da Pobreza, 7000-811 Évora

15. Classes schedule (week days and schedule)

Monday - 17h/21h (online)
Wednesday - 17h/21h (online)
Saturday - 09h/18h (on-site)

16. Program Dates

- Program Start Date: May 26, 2025
- Program End Date: May 31, 2025

17. Application Dates

- Applications Start Date: April 4, 2025
- Applications End Date: May 5, 2025
- Announcement of Results (until): May 14, 2025
- Enrollments Start Date: May 14, 2025
- Enrollments End Date: May 18, 2025

April 4, 2025

The Rector

Hermínia Vasconcelos Vilar