



EU-PROMENS European Programme for Mental health Exchanges, Networking and Skills

MULTIDISCIPLINARY TRAINING PROGRAMME Transforming mental health support through collaboration

Location: Casa de Saúde S. João de Deus-Barcelos, Fórum S. Bento Menni

Address: Av. Paulo Felisberto, n.º 205, 4750-783 Barcelos, Portugal

Group 1: 29 and 30 of October 2025

AGENDA - Core Training

October 29, 2025	
09:30	Introductions: Registration, Welcome, Logistics Overview, Training Content, Introduction of Trainers and Participants
10:15	Setting the stage 1: mental health needs, gaps, and potential
11:00	<i>Coffee-break</i>
11:30	Setting the stage 2: need for a multidisciplinary approach and introduction of the mental health cross-sectoral competency framework.
12:00	Foundation Helping Skills: importance in mental health support
13:00	Lunch
14:00	Mental Health Literacy: how can we better understand people around
15:30	Mental Health Problems and Risk Assessment we all have a role to play
16:30	<i>Coffee-break</i>
16:45	Day 1 reflections and summary
17:15	End of First Day & Free time
19:00-21:00	Dinner



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October 30, 2025	
09:30	Overnight reflections on the Day 1
10:00	Navigating within the wider support and care systems; Referring and helping people to navigate different services
11.00	<i>Coffee-break</i>
11:30	Making evidence-informed impact
13:00	Lunch
14:00	Collaborate/communicate with professionals and services outside own sector and organisation
15:30	Final reflection and application in participants' workplaces
16:30	<i>Coffee-break</i>
16:45	Closing remarks and Certificate distribution
17.15	End of Core Training