



Adolescent Mental Health in Portugal: Needs and Strengths

NATIONAL REPORT

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Overview

The project “Stronger Youth”-Empowering young people social competences and soft skills through peer mentoring” highlight the urgency of addressing the issue of mental health among adolescents. It aims to provide a methodology and complete toolkit for conducting peer mentoring to prevent depressive behaviors and social exclusion among young people. This includes an online skill assessment tool for evaluating social and communication skills and providing feedback for those interested in becoming a mentor, a Guide for Educators on supervising the mentoring process, and a set of activities for mentors and mentees to develop social and psychological resilience. The project involves partners from six countries and seven organizations (Czech Republic, PELICAN; Italy, VITECO and PRISM; Poland, FRAME; Portugal, UE/CIEP; Romania, CPIP; and Spain, INNOHUB).

This document concerns research tasks of Work Package #2 (WP2) – Developing the On-Line Skills Assessment Tool (OSAT), led by the Portuguese team, which includes two research activities, namely a bibliographic and empirical research on adolescents’ problems/needs, resources, and communication preferences, to be conducted in each partner country. The bibliographic research was prepared to bring information and scientific evidence already produced within the scientific community of each partner country, and the empirical research to provide new and more specific information collected from adolescents from each partner country. To conduct this research, bibliographic and methodological framework and guidelines were developed by the Portuguese team so that the partners can implement the same research procedures in their countries and report their results in comparable ways. Both researches are foundational for the project’s subsequent proposals, as the On-line Skill Assessment Tool (OSAT; in the WP2 too), organization (Work Package #3 – Set of activities for educators and mentors; WP3) and piloting (Work Package #4, training mentors and educators and piloting) of the Stronger Youth Project’s peer mentoring program.

This Portuguese National Report refers to the bibliographic and empirical research on adolescents' mental health and well-being in the Portuguese context, the first bringing information and scientific evidence already produced within the Portuguese scientific community; and the second, providing new and more specific information collected from Portuguese adolescents. The Part One presents the bibliographic research. The procedures, results and conclusions of the national empirical research will be presented in the Part Two.

