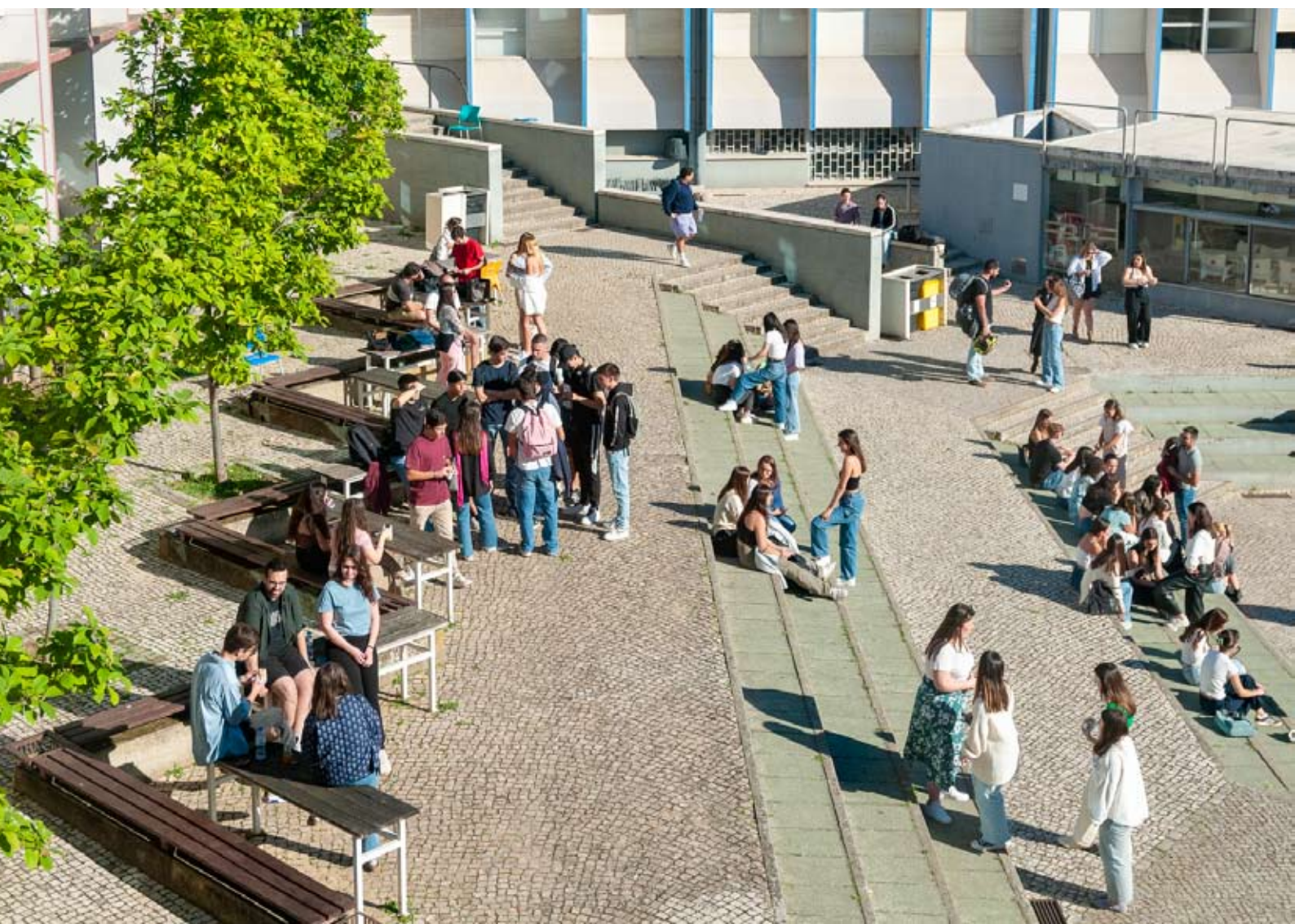


HEALTH AND WELL-BEING GUIDE

 bewell_iscte



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Health and Well-being Guide

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e Bem-Estar

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An initiative by BeWell-Iscte
Iscte – University Institute of
Lisbon

COORDINATION

Sibila Marques
Elsa Pegado

WRITING

Madalena Mascarenhas
Joana Almeida
Carla Branco

REVISION

(IN ALPHABETICAL ORDER)
Ana Ângelo
Ana Vanessa Veiga
Pedro Ramos
Rosário Candeias
Rosário Mauritti
Sónia Bernardes
Sónia Pintassilgo
Iscte Students' Association
(AEISCTE)

RESEARCH CENTRES

Centre for Social Research
and Intervention (CIS-Iscte)
Centre for Research and Studies
in Sociology (CIES-Iscte)

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04	INTRODUCTION
	PART I
06	STRATEGIES AND PROTECTIVE FACTORS FOR HEALTH AND WELL-BEING
07	PHYSICAL EXERCISE
10	NUTRITION
12	SLEEP
14	SOCIAL RELATIONSHIPS
17	LEISURE AND CULTURAL ACTIVITIES
19	GREEN SPACES
21	INVIGORATING BREAKS
22	RELAXATION TECHNIQUES
24	TRANSVERSAL SKILLS
25	INFORMATION ABOUT MENTAL HEALTH ISSUES
27	WHERE TO ASK FOR HELP
	PART II
30	RISK FACTORS FOR HEALTH AND WELL-BEING
31	EXCESSIVE ALCOHOL CONSUMPTION
32	TOBACCO CONSUMPTION
33	EXCESSIVE USE OF DIGITAL TECHNOLOGIES
34	DATING VIOLENCE
37	SEXUAL HARASSMENT
38	SOCIAL DISCRIMINATION
39	BIBLIOGRAPHY

INTRODUCTION

Welcome to the “BeWell-Iscte: Health and Well-being Guide”! This guide aims to be a practical and accessible tool for all students at Iscte – University Institute of Lisbon, providing tools and resources to promote health and well-being.

According to the World Health Organization (WHO), the mental health of the world’s population has been deteriorating, with young and young adult populations being particularly vulnerable. Studies before the COVID-19 pandemic already indicated mental health problems among university students, such as depressive symptoms, anxiety, and stress, which worsened during and after the pandemic. Thus, universities can play a crucial role in promoting mental health among students. In this context, Iscte has developed various resources and strategies, including intervention projects for students’ health and well-being, such as BeWell-Iscte and IN-Iscte – A Space to Grow.

BeWell-Iscte aims to promote the mental health and well-being of Iscte’s students. This project is part of the Programme for the Promotion of Mental Health in Higher Education (ACCES Programme), led by the Directorate-General for Higher Education. IN-Iscte – A Space to Grow, is a project focused on first-year undergraduate students that aims to reduce dropout rates and promote academic success.

One of the areas of intervention of BeWell-Iscte is the development of activities to promote and prevent mental health, aiming

to improve skills related to mental health literacy, adaptation capacity, and stress management. Mental health literacy is crucial for well-being, involving self-efficacy and self-care. The WHO defines self-care as the ability of individuals, families, and communities to promote health and prevent disease, encompassing both therapeutic care (with the support of healthcare professionals) and daily self-care. Self-care improves health, efficiency, confidence, self-esteem, energy, and resistance to stress and anxiety.

Thus, following a broad vision of health and well-being, this guide seeks to promote the recognition of various factors that promote or weaken mental health, the ability to identify symptoms of psychological distress, and the recognition of the need for support and autonomy to seek help.

This guide addresses various protective and risk factors for health and well-being, organised into two sections. In the first section, 11 factors for the promotion and protection of health and well-being are addressed: Physical exercise, Nutrition, Sleep, Social relationships, Cultural and leisure activities, Green spaces, Refreshing breaks, Relaxation techniques, Transversal skills, Information on mental health issues, and Where to seek help. In the second section, 6 risk factors for health and well-being are addressed: Excessive alcohol consumption, Tobacco use, Excessive use of digital technologies, Dating violence, Sexual harassment, and Social discrimination. It also includes resources Iscte offers for promoting health and well-being in these areas.

At the end of this guide, there is a list of bibliographical references supporting the relevance of these protective and risk factors for health and well-being. This guide is exclusively informational and provides general guidelines to promote a healthier lifestyle and greater well-being. It is important to emphasise that the recommendations herein, although based on scientific evidence, are not exhaustive or personalised and should not be understood as universal solutions or guarantees of results for all individuals. Their applicability can and should be evaluated based on each person's individual and social context, respecting human and cultural diversity. Furthermore, it is important to note that this guide does not intend to suggest that it is solely the responsibility of individuals to resolve mental health issues on their own, as these are related to various social aspects. Rather, it aims to support the student community with various strategies that can be helpful for their well-being in facing the challenges encountered.

Therefore, we expect this guide to be a valuable resource for promoting students' mental health and well-being and a

helpful tool for navigating the challenges of university life. Several academic agents were involved in creating this guide, such as the Student Association and Student Committees of Iscte, teachers, researchers, and other professionals from Iscte services. The contribution of students was essential in selecting the topics and shaping the examples presented, aiming to make this guide as useful as possible for the diverse student community at Iscte. The promotion of mental health and well-being is a collaborative effort, and we hope these strategies will help create a more welcoming and healthy university environment for everyone. We rely on the contribution of all individuals for the continuation of this work that begins here.

In addition to the information provided in this guide, we invite you to visit the [BeWell-Iscte website](#), where you can learn more about the project and access a map of resources for promoting health and well-being.

You can contact us via email at: bewell@iscte-iul.pt

HEALTH

state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity (WHO)

WELL-BEING

life satisfaction, happiness, autonomy, competence, relationships, sense of purpose and meaning.



PART I

STRATEGIES AND PROTECTIVE FACTORS FOR HEALTH AND WELL-BEING



PHYSICAL EXERCISE

The recommendations of the American College of Sports Medicine state that, for a person to be physically active, they should perform 150 minutes of moderate to vigorous intensity aerobic activities (e.g., running, swimming) per week, and strength exercises that work the major muscle groups (e.g., weight training) twice a week.

RESOURCES FOR PHYSICAL EXERCISE AT ISCTE OR NEARBY:

- The Iscte Lisbon campus has a gym. Visit the Student Association website to learn more about the activities offered to the student community.
- The Student Association organises several activities such as sports week, self-defence classes in the Iscte gym, and informal sports activities throughout the year.
- Student Association offers different individual sports (e.g., athletics, cycling, gymnastics, swimming, tennis) and team sports (e.g., handball, futsal, basketball, volleyball, rugby) throughout the year for both national and international competitions.
- Near the Iscte campuses in Lisbon and Sintra, there are gyms, health clubs, padel courts, and green spaces that can be used for free. The University Stadium of Lisbon [Estádio Universitário de Lisboa] is located nearby and offers a wide range of sports activities, with special prices for



students. In Sintra, there are sports activities in parks and gardens on weekends with free participation.

- For practising adapted physical activity, consult the Portuguese Paralympic Committee or one of the Portuguese sports federations in the desired area (e.g., Portuguese Athletics Federation) or the Portuguese Federation of Sport for People with Disabilities to learn more about modalities, clubs, and places to train. The Joga Simples page promotes the initiation process to adapted sports.

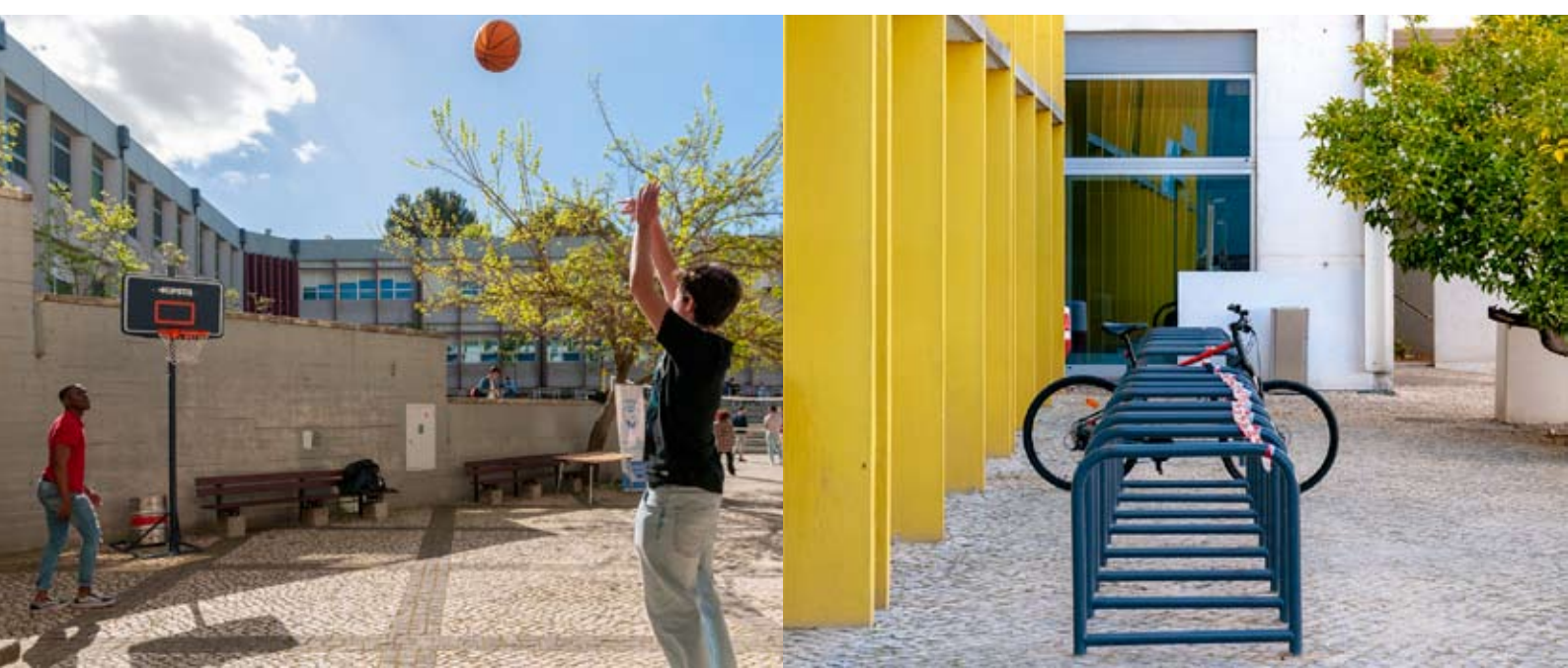
SUGGESTION

Finding a physical activity that is enjoyable and fits into the routine, in terms of time and distance, can help maintain regular exercise.

STRATEGIES FOR A MORE ACTIVE LIFESTYLE

Every movement counts! Incorporating small movements throughout the day can contribute to a more active lifestyle.

- The recommendations for a person to be considered physically active are 8000 steps per day.
- Using stairs, public transport, or parking the car further away are some strategies to increase daily physical activity.
- Breaks during classes, studying, or work can be opportunities to engage in more movement.



DURING STUDY OR WORK

- Standing up every hour or, if that's not possible, activating the muscles of the legs, thighs, and pelvis through contractions can help prevent prolonged inactivity.
- For the upper body, perform rotational movements with the arms, stretch the arms at shoulder height, bring the hands together and move the arms apart, then bring the arms and hands back together. For the head, pull the chin to the chest and then project the head forward.
- When using a screen, it is recommended to blink several times and take breaks to look at a distant point.



WHAT IS THE DIFFERENCE BETWEEN EXERCISE AND PHYSICAL ACTIVITY?

Physical activity is any movement performed that is associated with energy expenditure, such as walking to catch the bus. Physical exercise is physical activity performed in a structured way with the aim of maintaining or increasing physical fitness and health.

FOR MORE INFORMATION:

[American College of Sports Medicine](#)
(general recommendations).

[Physical Activity Manuals from the State Department of Health](#)
[Manuais de Atividade Física da Direção-Geral da Saúde]
(specific exercise recommendations for different health conditions, available in Portuguese).

[Association of Professional Graduates in Optometry](#)
[Associação de Profissionais Licenciados de Optometria]
(ocular health recommendations, available in Portuguese).



NUTRITION

According to the Directorate-General for Health, healthy eating should be varied, balanced, and complete. Within eating habits, increasing the consumption of whole grains, fruits, and nuts can contribute to the promotion of healthy years of life. Healthy eating can be adapted to various cultural and gastronomic patterns.

Moreover, considering that water is an essential element for health, it is important to maintain regular hydration throughout the day aiming to drink 1.5 litres of water per day.

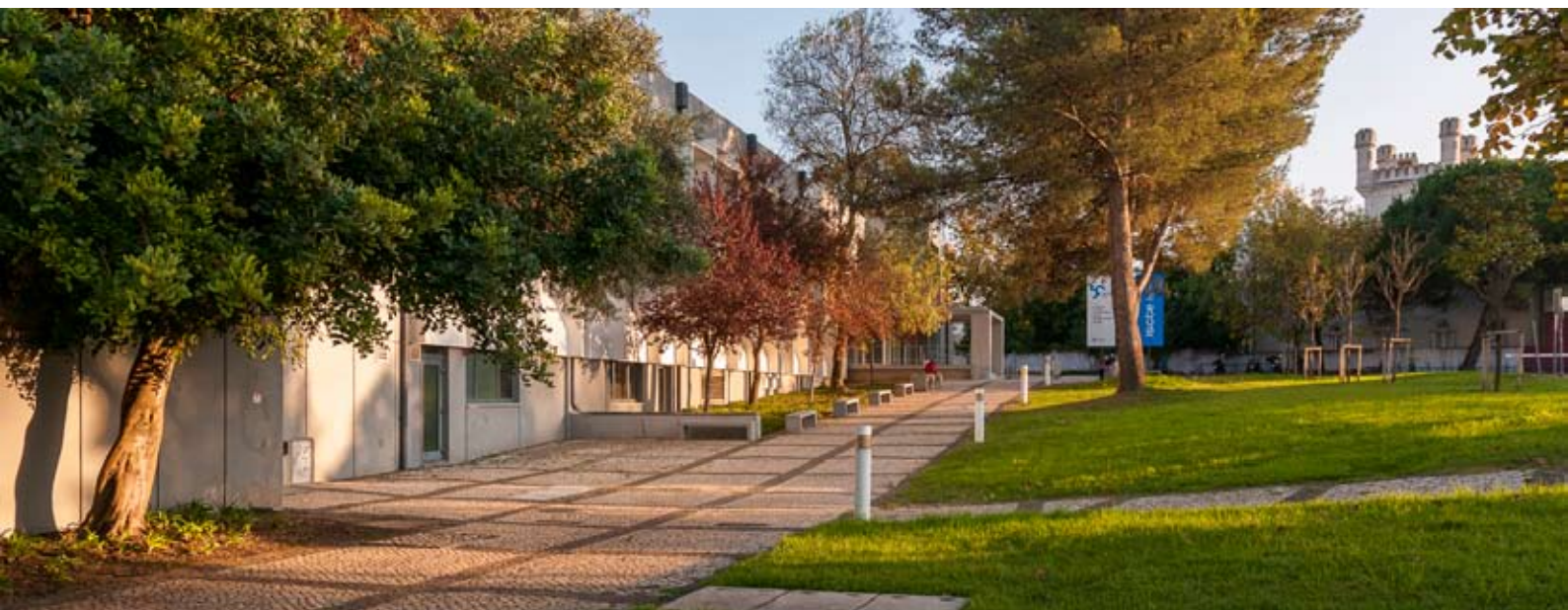
Here are some examples of simple meals considered healthy.

Chicken wrap:

- 1 whole wheat tortilla
- 1 grilled chicken breast
- ½ grated carrot
- ½ sliced tomato
- Lettuce leaves
- 1 tablespoon of natural yogurt
- 1 teaspoon of olive oil

Tuna salad with beans and vegetables:

- 1 can of tuna in water
- ½ cup of white or black beans
- ½ sliced red bell pepper
- ½ sliced cucumber
- ½ chopped red onion
- 1 sliced tomato
- Lettuce leaves
- 1 teaspoon of olive oil



Chickpea salad with quinoa and vegetables:

- ½ cup of cooked quinoa
- 1 can of chickpeas
- ½ sliced red bell pepper
- ½ sliced cucumber
- 1 grated carrot
- ¼ cup of corn
- Lettuce leaves
- 1 teaspoon of olive oil

Snacks

- fresh fruit, raw carrot, nuts.

**SUGGESTION**

The green spaces around Iscte can be used to enjoy meals.

FOR MORE INFORMATION:

The National Programme for the Promotion of Healthy Eating [O Programa Nacional de Promoção da Alimentação Saudável] provides the food wheel and information on what constitutes a healthy diet (available in Portuguese).



SLEEP

Sleep is a cornerstone of physical and mental health. Sleep hygiene consists of a set of behaviours and conditions that promote restorative sleep.

SUGGESTIONS FOR BETTER QUALITY SLEEP:

- An enjoyable bedtime routine (maximum 30 minutes) that is easily applicable in daily life.
- A regular bedtime and wake-up time.
- Variations of more than 2 hours in waking time may disrupt sleep routine. If there is a need to sleep more over the weekend, it is better to go to bed earlier rather than wake up later.
- White light and the use of electronic devices at night can disrupt sleep quality.
- Smartphones allow you to set a rest schedule where notifications are turned off.
- Sleeping on the couch before going to bed can harm sleep quality.
- Physical activities (e.g., exercise) before bedtime can make it harder to fall asleep.
- It is important to create a gap between finishing study or work and bedtime.
- Diet can also influence sleep. At night, it is recommended to avoid consuming alcohol, tobacco, coffee and other caffeinated beverages, including teas and soft drinks, dark chocolate, and heavy meals.
- Regular physical exercise can contribute to better sleep quality.



These are general guidelines for a more restful night's sleep. If you regularly experience sleep difficulties, consider consulting a psychologist or sleep specialist.

SIGNS OF SLEEP DEPRIVATION:

- Daytime sleepiness;
- Irritability;
- Reduced attention and concentration;
- Decreased motivation;
- Lack of energy;
- Tiredness and fatigue;
- Restlessness and motor incoordination;
- Loss of appetite.

FOR MORE INFORMATION:

The [Portuguese Sleep Association](#) [Associação Portuguesa do Sono] provides information about sleep (available in Portuguese).

SOCIAL RELATIONSHIPS

Social relationships and positive emotional ties are associated with well-being and mental health. Social interaction and the development of social ties in the academic environment can facilitate better adaptation to higher education, as well as enable the sharing of experiences, doubts and fears with other people who may be in similar situations. There are several cultural and artistic activities promoted at Iscte, such as the Iscte Choir, the mIScuTem theatre group and the TAISCTE Tuna. In addition, the Students' Association promotes various activities, some in collaboration with the Students Committees, and there is a mentoring programme for students.

ISCTE CHOIR

The ISCTE Choir began in 2015 and is open to the ISCTE community as well as people with no connection to the institution.

It is currently directed by conductor João Barros. For more information:

- Facebook: [Coro ISCTE](#)
- Instagram: [@coro iscte](#)



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mISCuTEm

This is the name of the Iscte's theatre group that was created in 2001.

For more information visit:

- Facebook: [mISCuTEm](#)

TAISCTE

TAISCTE was founded in 1990 and currently aims to build a large group of friends who share a love for music while also promoting Iscte. It offers an opportunity to develop musical skills and get to know new realities and cultures. To be part of this group, you need to have an active ISCTE matriculation and show up at a rehearsal, which takes place every Tuesday and Thursday at 7 pm in the rehearsal room (Building 1, near the tunnel entrance leading to courtyard 1). For more information:

- Website: [TAISCTE](#)
- Instagram: [@taiscte](#)

STUDENTS ASSOCIATION

Iscte's Student Association plays a key role in integrating new members into the student community, organising the 'Welcome Week' at the beginning of the year, where it collaborates with the school departments in the welcome and orientation sessions. It also collaborates with the Student Committees to promote the activities carried out. There are 15 Student Committees, covering different areas of study, composed of students working to enhance the experience of those they represent. See more about these groups at <https://aeiscte-iul.pt/nucleos>.

There is also the African Students' Committee (NEA-IUL), which aims to represent Iscte's African student community, support people who arrive at Iscte and defend their interests. NEA-IUL is in room OE05 and can be contacted via email at neaiscte@iscte-iul.pt.

The Student Association has a volunteer bank, in which a monthly volunteering action is shared, and other actions are shared informally. Registrations are made using a QR code provided by the Student Association.

Find out more on their Instagram [@aeiscte](#).

HEALTHY ISCTE

The “Healthy Iscte” event, organised by the Social Action Services in collaboration with the Student Association, takes place at Iscte in November. It offers the entire academic community a variety of initiatives focused on health and promoting physical and mental well-being, encouraging and informing about healthy practices.

The programme varies each year, but the activities typically include therapeutic massages and martial arts classes for physical care, informative lectures on breathing, and the ‘Three Pillars of Well-being’ workshop led by an Iscte faculty member, aimed at promoting knowledge and healthy practices. Additionally, activities such as yoga, guided meditation sessions and health screenings contribute to a holistic approach.

Blood donation drives, oral, visual and Sexually Transmitted Infections (STI) screenings, as well as free posture assessments, support prevention and early diagnosis, reinforcing the preventative and educational role of the event.

MENTORING PROGRAMME – BUDDY MENTORING

The Buddy Mentoring programme aims to facilitate the integration of newly arrived students at Iscte. Mentoring is provided by undergraduate students in their 2nd or 3rd-year, as well as Master’s or PhD students. The programme runs throughout the year. To register, send an email to in_iscte@iscte-iul.

LEISURE AND CULTURAL ACTIVITIES

Participation in leisure and cultural activities is associated with health and well-being.

HERE ARE SOME SUGGESTIONS FOR CULTURAL ACTIVITIES NEAR LISBON:

- **Cinema**

(cinemas with a commercial circuit; cinemas with alternative programming: [Cinema Ideal](#), [Cinema Nimas](#), [Black Cat Cinema](#), [Cinema São Jorge](#), [Cinema ao Luar na Quinta das Conchas](#), [Cinema Fernando Lopes](#)).

- **Theatre**

(e.g., [Teatro da Trindade](#), [Teatro Nacional de São Carlos](#), [Teatro Politeama](#), [Teatro Nacional Dona Maria II](#), [Teatro São Luiz](#), [Teatro Tivoli](#)).

- **Concerts**

(e.g., [Aula Magna](#), [Centro Cultural de Belém](#), [Coliseu dos Recreios](#), [Campo Pequeno](#), [Gulbenkian](#), [Estádio 1.º de Maio](#)).

- **Museums**

(e.g., [Museu Nacional dos Coches](#), [Museu Nacional de Arte Antiga](#), [MAAT – Museu de Arte, Arquitetura e Tecnologia](#), [Museu Nacional do Azulejo](#), [Museu do Fado](#) e [Museu Calouste Gulbenkian](#)).



- **Monuments, historical and cultural sites**
(e.g., [Castelo de São Jorge](#), [Praça do Comércio](#), [Torre de Belém](#), [Mosteiro dos Jerónimos](#), [Padrão dos Descobrimentos](#)).
- **Markets and fairs**
([Feira do Relógio](#), [Feira da Ladra](#), [Feira de Artesanato Urbano da Graça](#) e [Anjos70 Art & Fleamarket](#)).

SOME SUGGESTIONS FOR CULTURAL ACTIVITIES

NEAR SINTRA:

- **Monuments, historical and cultural sites**
(e.g., [Parque e Palácio Nacional de Sintra](#), [Parque e Palácio de Monserrate](#), [Convento dos Capuchos](#), [Palácio Nacional e Jardins de Queluz](#)).
- **Museums**
(e.g., [Sintra Mitos e Lendas](#), [Museu Ferreira de Castro](#), [Museu de História Natural de Sintra](#), [Museu das Artes de Sintra](#), [Casa-Museu de Leal da Câmara](#), [Museu Anjos Teixeira](#)).
- **Concerts, plays, cinema**
(e.g., [Centro Cultural Olga Cadaval](#), [Casa da Cultura Lívio de Morais](#) e [Auditório Municipal António Silva](#)).



GREEN SPACES

Contact with nature is associated with numerous benefits for promoting well-being and mental health.

SUGGESTIONS OF FREE GARDENS NEAR LISBON:

- **Campo Grande**
Jardim do Campo Grande
- **Lumiar**
Jardim da Quinta das Conchas
- **Avenida de Berna**
Jardim da Fundação Calouste Gulbenkian
- **Marquês de Pombal**
Parque Eduardo VI, Jardim Botânico e Jardim Amália Rodrigues
- **Estrela**
Jardim da Estrela



SUGGESTIONS OF FREE GARDENS/GREEN SPACES NEAR SINTRA:

- [Jardim da Quinta Ribafria](#)
- [Parque da Liberdade](#)
- [Vila Sassetti](#)
- [Parque das Merendas](#)

TO KNOW MORE ABOUT CURRENT ACTIVITIES AND EVENTS:

Instagram: [@comunidadeculturaearte](#) e [@musicasemcapa](#).
Sites: [Agenda Cultural de Lisboa](#); [Time Out Lisboa](#);
[Viral Agenda](#); [Câmara Municipal de Sintra](#).

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INVIGORATING BREAKS

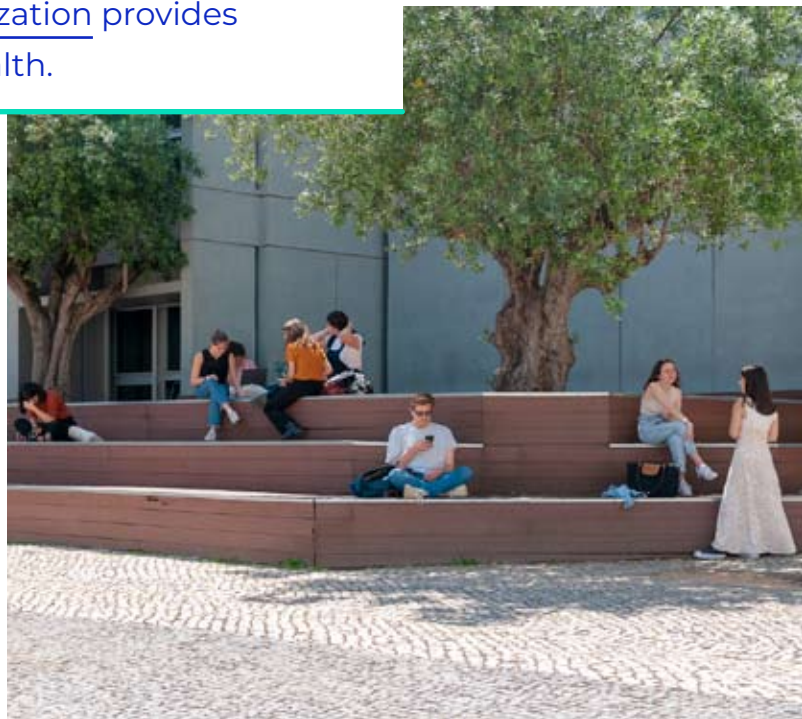
Breaks are essential moments for anyone's well-being, but to truly benefit, they must be spent away from what occupies us.

HERE ARE SOME SUGGESTIONS FOR MAKING YOUR BREAKS MORE INVIGORATING:

- Foster curiosity and attention by, for example, observing the view from a window and noticing details like objects in green, windows, birds or cars.
- If possible, open the window to feel the air's temperature and the aromas from outside.
- Close your eyes and notice how your body feels. This can help release tension or identify areas that feel more strained.
- Take a few slow, deep breaths and focus on the movement of air entering and leaving your lungs. There's no rush or goal, just a connection to this essential life movement.
- Avoid using your phone during the break or limit its use to ensure it doesn't take up the entire pause.
- Take advantage of lunchtime to go for a short walk and take the surrounding scenery and spaces.

FOR MORE INFORMATION:

The [International Labour Organization](#) provides information on occupational health.



RELAXATION TECHNIQUES

The 4-7-8 breathing protocol can bring many benefits in terms of physical and psychological health. One of the benefits is the attention given to counting, which reduces the likelihood of paying attention to other stimuli, such as thoughts.

HOW 4-7-8 BREATHING IS PERFORMED:

- Inhale for 4 seconds through your nose.
- Hold your breath for 7 seconds.
- Exhale for 8 seconds through your mouth.
- Repeat this sequence 6 times.
- Rest for one minute, breathing normally.
- Repeat the breathing sequence 6 times.
- Rest for one minute, breathing normally.
- Repeat the breathing sequence 6 times.

Additionally, meditation is an activity that can have many benefits, including relaxation, concentration, and creativity.

There are many meditation techniques. Here is one example:

- Choose a calm and quiet place where you can sit.
- Set a time limit for meditation. For beginners, 5 or 10 minutes is ideal.
- Pay attention to your body. Is the chosen position comfortable?



- Pay attention to your breathing as the air comes in and out. How does your body move to accompany the air?
- Notice when your mind wanders. This will happen; to resume meditation, bring your attention back to your breathing.
- Be kind to your distracted mind. Acknowledge the thoughts but try not to get lost in them or blame yourself for their occurrence.
- End with kindness. When you're ready, open your eyes and notice the surroundings. Also, pay attention to your body and thoughts. How do you feel at this moment?



SUGGESTION

Iscte's MINDLIVEN project (which promotes mindfulness sessions in nature, through virtual environments) provides a training platform and practical sessions.

- <https://mindliven.eu/pt/3-praticas-de-mindfulness-na-natureza/>
- <https://mindliven.teachable.com/p/beta-testing1>

FOR MORE INFORMATION:

[Breathing exercises.](#)

[Meditt.space.](#)

[National Center for Complementary and Integrative Health.](#)



TRANSVERSAL SKILLS

The Soft Skills Laboratory offers training programs to support academic success, adaptation to transversal challenges linked to learning, and preparation for integration into the job market. Some of the Curricular Courses offered by the Soft Skills Laboratory are part of the undergraduate degree programs, but any student can enrol in additional curricular courses beyond their diploma requirements. In addition to this offering, the Soft Skills Laboratory organises workshops and training aimed at students with specific needs, many of which are free. The Iscte community can also access courses available on the [Online-Learning](#) platform. These resources aim to enable the student community to acquire and develop skills that facilitate their academic journey and, consequently, promote well-being.

FOR MORE INFORMATION:

[Soft Skills Laboratory.](#)



INFORMATION ABOUT MENTAL HEALTH ISSUES

Two of the most prevalent mental health problems among the university population are anxiety and depression. Additionally, it is important to address Burnout syndrome in the academic context. But what exactly are these conditions?

Depression is a common human experience that involves a range of thoughts, feelings and behaviours in response to life events and circumstances. It is characterised by emotions such as sadness, anger, guilt, worthlessness, and hopelessness, along with a decreased interest in previously enjoyable activities, reduced energy, sleep and appetite changes, and difficulties with concentration and memory. Depression is not simply feeling sad or upset for a few days but a more enduring condition that negatively affects everyday life.

Anxiety is a negative emotional state marked by constant feelings of nervousness and worry. It is accompanied by physiological processes (e.g., faster heartbeat, accelerated breathing, shortness of breath, dizziness, stomachaches, muscle tension, headaches), negative thoughts about the future, difficulties sleeping or relaxing, trouble concentrating, irritability, and social withdrawal.

Academic burnout is characterised by cognitive and emotional exhaustion due to academic demands, feelings of ineffectiveness and incompetence, and a negative attitude toward studies, teachers, and peers. Burnout has been associated with reduced cognitive performance, low academic achievement, school dropout, and symptoms of depression and anxiety. Physically, it can manifest as increased fatigue, muscle pain, migraines, sleep disturbances, and more.

Asking for help is an important step!

See the next section Where to ask for help.

For more information, please refer to the informational brochures:

[Anxiety – What to do?](#)

[Transition to University](#) [Transição para a Universidade] (available in Portuguese);

[Depression](#) [Depressão] (available in Portuguese).

LEARN MORE FROM THE DOCUMENTS PROVIDED BY THE PORTUGUESE ORDER OF PSYCHOLOGISTS

- [Let's talk about depression](#) [Vamos falar sobre depressão] (available in Portuguese).
 - ["How I feel?" Checklist for Young People](#) ["Como me Sinto?" Checklist para Jovens] (available in Portuguese).
 - ["How I feel?" Checklist for Adults](#) ["Como me Sinto?" Checklist para Adultos/as] (available in Portuguese).
 - [Anxiety Fact Sheet](#) [Fact Sheet Ansiedade] (available in Portuguese).
 - [Questions and answers about burnout](#) [Perguntas e respostas sobre burnout] (available in Portuguese).
 - [The "I feel.me" Online Program](#) [O Programa Online Eu Sinto.me] (available in Portuguese).
 - [Other topics](#) [Outros tópicos] (available in Portuguese).
-

WHERE TO ASK FOR HELP

During the academic journey, health issues may arise, both physical and psychological. It is important to seek help whenever necessary. Iscte has several protocols available to support the student community. Additionally, there are general resources within the community that you can turn to.

FOR PHYSICAL HEALTH ISSUES

- SNS24 Hotline – National Health Service [Serviço Nacional de Saúde] line for advice and referral: 808 24 24 24.
- Reference Health Center – Health centres available according to the geographic area can be found on the [SNS website](#).
- If you are temporarily living in a different municipality for study, work, or other reasons and require healthcare, you can register temporarily at another health centre for up to 12 months. For more information, contact the health centre where you wish to register.
- SAMS Iscte Clinic at Cidade Universitária – Offering various medical specialties and exams. Located on the Iscte campus (Building 1 – East Entrance), Iscte students benefit from a discount on consultation fees.



- Iscte has various protocols and partnerships related to health aspects.
- In case of an emergency, the Santa Maria Hospital (a 10-minute walk from Iscte) serves as the Local Health Unit for the Iscte campus area.
- For the Iscte-Sintra campus area, the designated Local Health Unit is the Fernando Fonseca Hospital.
- For urgent emergencies, dial 112 (INEM).

FOR PSYCHOLOGICAL HEALTH ISSUES

Contact the Student Counseling Office at the Social Action Service (SAS) for psychological support. This service is free of charge.

Email: sas.gaa@iscte-iul.pt

Phone: 210 464 039 ou 217 903 000

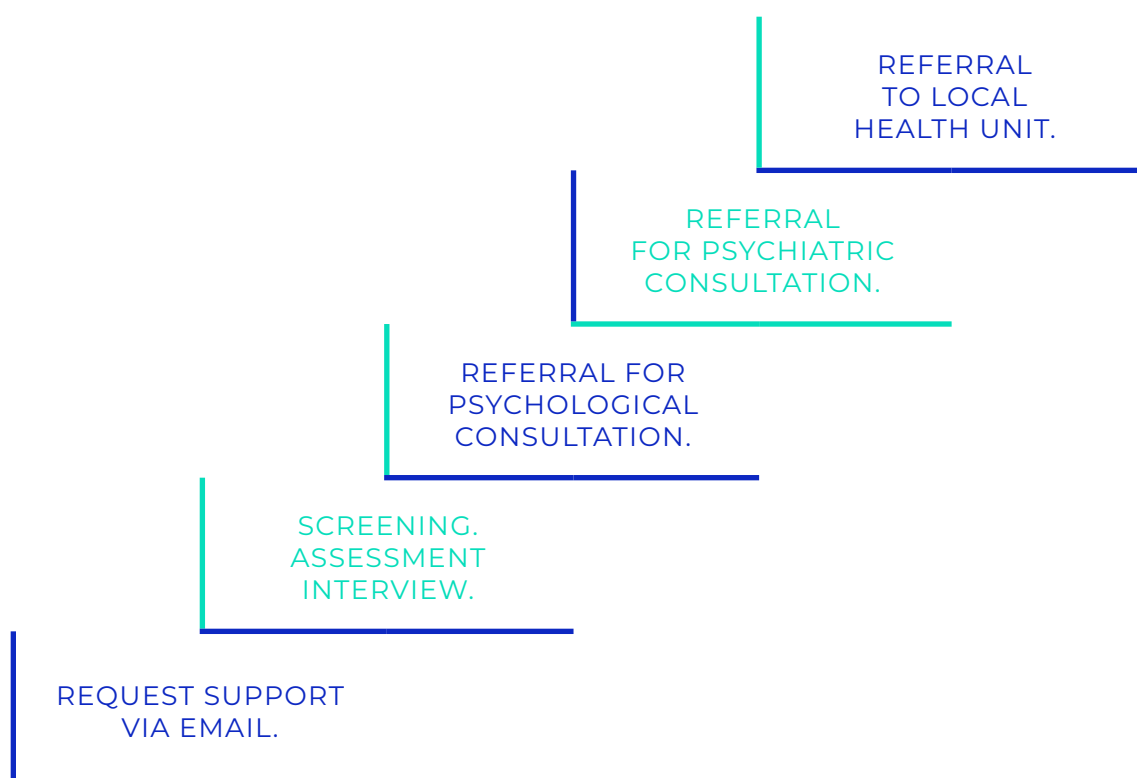
Appointments: 9:30 AM – 12:30 PM and 2:30 PM – 4:30 PM

Upon sending a request via the provided email, a triage interview will be scheduled to assess the situation. Based on this assessment, referrals will be made to the most appropriate services.



If referral for psychological support consultations, services will be provided at healthcare facilities partnered with Iscte, free of charge for Iscte students, depending on available funding.

When necessary, the Student Counseling Office may refer cases to Local Health Units through existing protocols with Iscte.

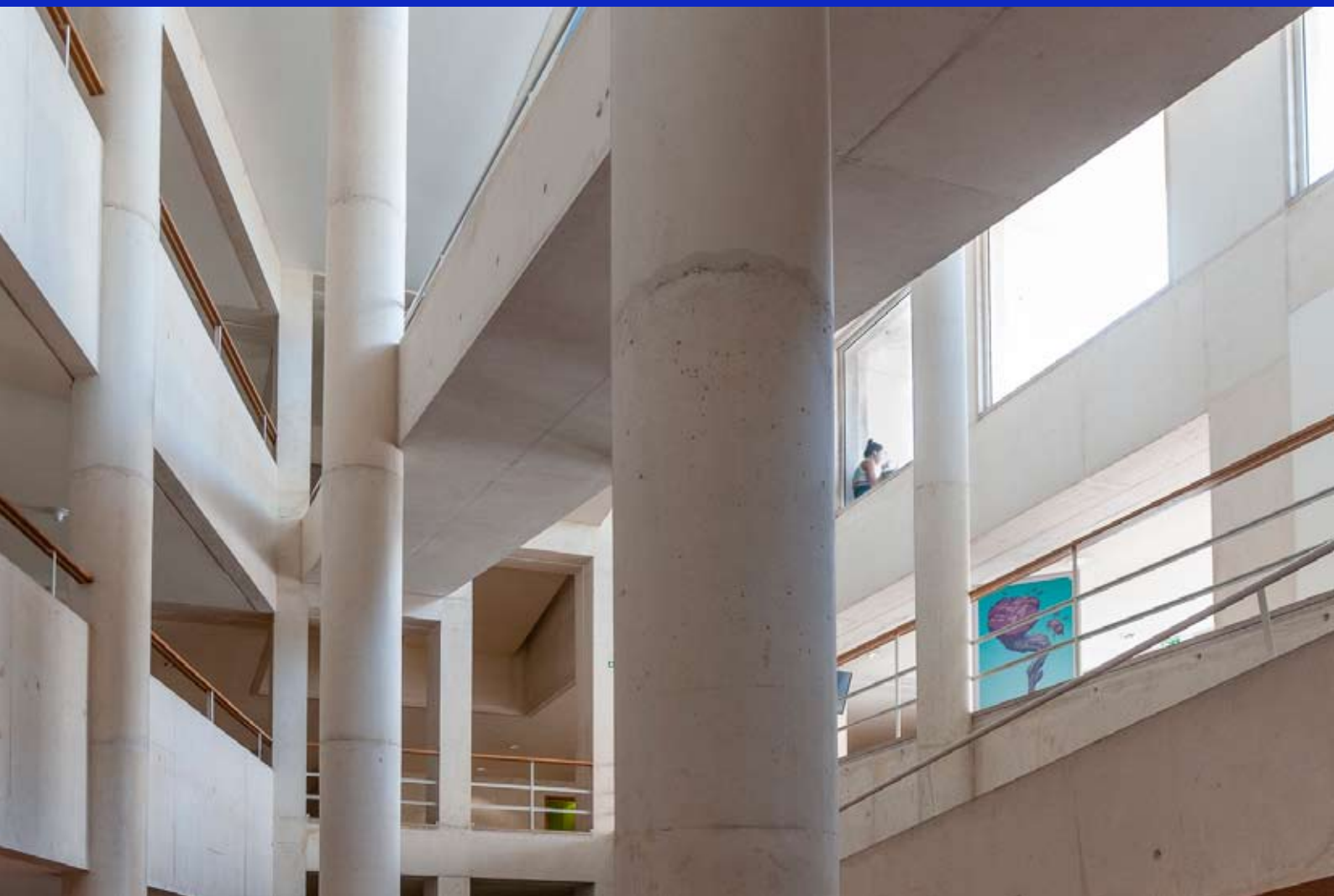


GENERAL HELPLINES FOR PSYCHOLOGICAL COUNSELLING:

- SNS24 Psychological Advice Hotline – 808 24 24 24
- SOS Voz Amiga (SOS Friendly Voice) – 213 544 545 | 912 802 669 | 963 524 660
- SOS Estudante (SOS Student) – 915 246 060 | 969 554 545 | 239 484 020
- Conversa Amiga (Friendly Talk) – 210 174 998
- In case of emergency, call 112 (INEM).



PART II
**RISK FACTORS
FOR HEALTH
AND WELL-BEING**



EXCESSIVE ALCOHOL CONSUMPTION

According to the [V National Survey on Psychoactive Substances Use in the General Population](#) [V Inquérito Nacional ao Consumo de Substâncias Psicoativas na População Geral] (Portugal 2022) and the [2022 Annual Report on the State of the Alcohol in the Country](#) [Relatório Anual da Situação do País em Matéria de Álcool de 2022]:

- The prevalence of intoxication in the last 12 months (2022) among the population aged 15 to 34 years was 9.7%.
- 6.1% of the population reported having used alcohol compulsively at least once a month in the last 12 months.
- There were 40,465 hospital admissions with primary and secondary diagnoses related to alcohol consumption.

Some consequences of excessive alcohol consumption may include risk of intoxication, risk of cancer, sleep disorders, menstrual disorders, sexual problems (e.g. infertility or erectile dysfunction), liver diseases (e.g. cirrhosis), fetal alcohol syndrome, in cases of pregnancy, and risk of depression, dementia and other conditions affecting mental health.

FOR MORE INFORMATION:

- [Questions and Answers on Problematic Alcohol Consumption](#), from the Portuguese Order of Psychologists [Perguntas e Respostas sobre Consumo Problemático de Álcool, da Ordem dos Psicólogos Portugueses] (available in Portuguese).
- [Checklist – Is my alcohol consumption problematic?](#), from the Portuguese Order of Psychologists [Checklist – O meu consumo de Álcool é problemático?, da Ordem dos Psicólogos Portugueses] (available in Portuguese).
- [Information leaflet on additions](#), from Social Action Services [Folheto informativo sobre dependências, dos Serviços de Ação Social] (available in Portuguese).



TOBACCO CONSUMPTION

- According to the V National Survey on Psychoactive Substances Use in the General Population [V Inquérito Nacional ao Consumo de Substâncias Psicoativas na População Geral] (Portugal 2022), 20.7% and 34.9% of the young population between the ages 15-24 and 25-34, respectively, consumed tobacco in the last 30 days.
- The prevalence of tobacco consumption increased from 48.8% to 51.0%, between 2017 and 2022.
- One in five smokers in the country are users of iQOS®.
- IQOS contains nicotine in a comparable way to cigarettes.

Tobacco is associated with various negative health consequences, including coronary disease, lung cancer, and other types of cancer (e.g., bladder, cervical, oesophageal, kidney, etc.), chronic obstructive pulmonary disease, non-cardiac vascular diseases, diabetes mellitus, pneumonia, rheumatoid arthritis, tuberculosis, asthma, infertility, erectile dysfunction and early menopause.



EXCESSIVE USE OF DIGITAL TECHNOLOGIES

According to the Portuguese Order of Psychologists, the deliberate use of digital technologies can promote well-being by allowing regular communication with significant others and acquiring new knowledge. On the other hand, excessive use of digital technologies and their screens can harm the quality of interactions, focused attention, and sleep quality, potentially leading to physical problems due to sedentary habits and psychological issues such as depression or anxiety. There is no definition of excessive screen time for adults, unlike young people aged 11 and older, for whom use exceeding two or three hours a day is considered excessive.

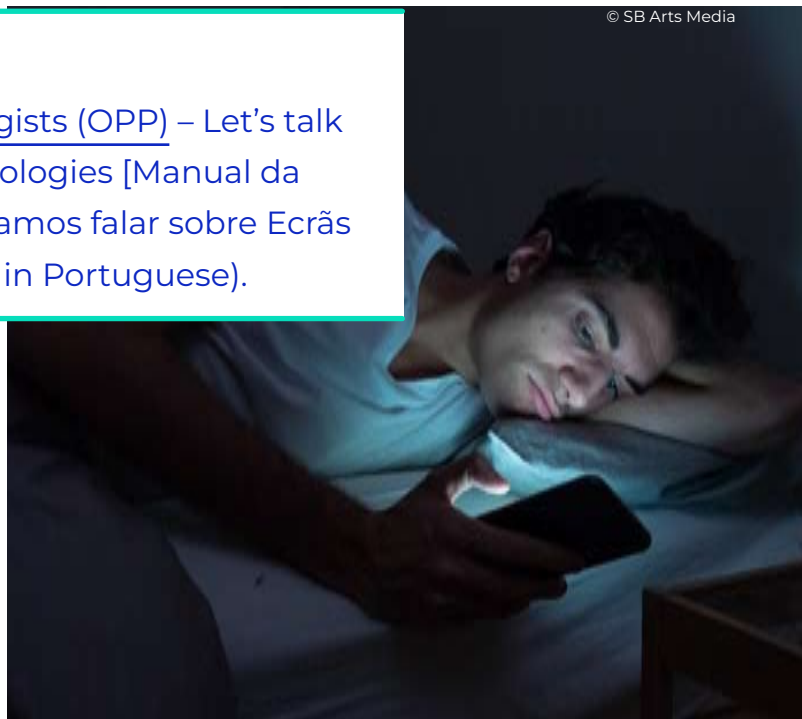
SUGGESTIONS FOR REDUCING SCREEN TIME:

- The use of digital devices should have a defined purpose, something actively chosen by the person.
- Choose content to view that is enriching for oneself and does not promote excessive comparison with others.
- Deliberately increase offline time by choosing other alternative activities.
- It is possible to program devices to turn off notifications during a specific period or block the use of apps.

FOR MORE INFORMATION:

[Manual of the Order of Psychologists \(OPP\) – Let's talk about Screens and Digital Technologies \[Manual da Ordem dos Psicólogos \(OPP\) – Vamos falar sobre Ecrãs e Tecnologias Digitais\]](#) (available in Portuguese).

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DATING VIOLENCE

Affective relationships are fundamental to well-being and mental health. However, dating violence is a serious problem that highlights the need to promote relationships based on respect and equality.

According to Portuguese Law, domestic violence is considered a crime when repeated or not, physical or psychological abuse is inflicted, including corporal punishment, deprivation of freedom, sexual offences, or when access to economic and property resources, either individual or shared, is blocked.

Domestic violence is a public crime, and anyone should report it if they know it is happening. The complaint does not have to be made by the victim; it can and should be made by anyone who becomes aware of the situation. This type of violence can be inflicted, for example, on a spouse or ex-spouse or a person with whom the perpetrator has, or had, a dating relationship or a relationship similar to that of spouses, even without cohabitation.

DATING VIOLENCE – WHAT IT IS

Dating violence is a type of domestic violence and can be defined as “any act of violence, whether isolated or ongoing, committed by one of the partners (or both) in a dating relationship, to control, dominate and have more power than the other person involved in the relationship.”

TYPES AND CONSEQUENCES OF DOMESTIC/DATING VIOLENCE

- Physical (e.g. pushing, restraining, throwing objects, kicking and/or punching, threatening);
- Psychological (e.g. controlling what the other person wears and does throughout the day, threatening to end the relationship as a form of manipulation, despising, blaming, threatening, isolating, humiliating);
- Sexual (e.g. forcing someone to engage in sexual acts or caresses);

- Social (e.g. humiliating and embarrassing the other person in public, prohibiting them from socialising with friends and/or family).

Consequently, dating violence can have numerous physical (e.g., headaches, loss of appetite, bruises, burns), psychological (e.g., depression, anxiety, low self-esteem, feelings of guilt, isolation), and sexual (e.g. sexually transmitted infections and unwanted pregnancies) consequences and repercussions.

DATA

Domestic violence

- In 2022, there were 30,279 reported incidents to the PSP (Public Security Police) and GNR (National Republican Guard).
- In the last quarter of 2023, 1,296 victims were sheltered through the National Support Network for Victims of Domestic Violence.
- In 2023, there were 26 intentional homicides in the context of domestic violence (17 women, 3 men, and 2 girls).

Dating violence:

According to the national study on dating violence (2024) conducted by UMAR (Union of Women Alternative and Response):

- 63% of the young population reported experiencing at least one indicator of victimization;
- 45.5% reported experiencing some form of control in their relationship;
- Both psychological and physical violence were present in their relationships, specifically in 39.9% and 11%, respectively.

HOW TO HELP

If you know someone in the situations mentioned, always show your support and care. Try to understand the situation, listen to the victim without judgment or blame, try to identify the community resources available to assist victims, and encourage the victim to access these resources. Since domestic violence is a public crime, if you know that someone is a victim of this crime, you can report it.

Iscte has a [reporting channel](#) where you can report this and other situations (e.g. sexual harassment, discrimination).



WHERE TO ASK FOR HELP

Information service for victims of domestic violence:
800 202 148

SMS line: 3060

Social Emergency Line: 114

APAV (Portuguese Association for Victim Support):
707 200 077 or apav.sede@apav.pt

APAV for young people: <http://www.apavparajovens.pt/>

UMAR (Union of Women Alternative and Response):
umar.lisboa@netcabo.pt

FOR MORE INFORMATION:

[Information leaflet on dating violence](#)

[Folheto informativo sobre violência no namoro]
(available in Portuguese).

[Guide for the prevention of dating violence in a university context](#) [Guião para a prevenção da violência no namoro em contexto universitário] (available in Portuguese).

SEXUAL HARASSMENT

Interpersonal relationships are also essential in the academic environment. However, it is important to address issues that compromise the safety and integrity of the academic setting, such as sexual harassment. Combating sexual harassment is crucial to fostering a respectful and safe university culture.

WHAT IT IS

“Sexual harassment is any unwanted behaviour of a sexual nature, whether verbal, non-verbal or physical, intended or resulting in disturbing or embarrassing a person, affecting their dignity, or creating an intimidating, hostile, degrading, humiliating or destabilising environment” (Information leaflet – Sexual Harassment by APAV).

CONSEQUENCES

Experiencing sexual harassment can have various repercussions on the victim's life, such as post-traumatic stress, loss of self-esteem, anxiety, depression, apathy, irritability, and suicidal ideation and/or attempts.

WHAT TO DO IN CASE OF HARASSMENT

If you are a victim of harassment, you can turn to trusted individuals (e.g. family and friends) and file a complaint.

Iscte has a [reporting channel](#) that can be used for this purpose.

FOR MORE INFORMATION:

[Informative leaflet - Sexual Harassment \(APAV\)](#) [Folha Informativa - Assédio sexual (APAV)] (available in Portuguese).

[Study “Sexual harassment in Portuguese Academia in the metoo era” \(CIS-Iscte\)](#) [Estudo “Assédio sexual na academia portuguesa na era metoo” (CIS-Iscte)] (available in Portuguese).

[Iscte Academic Code of Conduct](#) [O Código de Conduta Académica do Iscte] (available in Portuguese).

SOCIAL DISCRIMINATION

Discrimination against social groups based on characteristics such as gender, ethnicity, sexuality and ability, is associated with lower psychological and physical well-being. Due to the social context, some student groups may be more vulnerable to health issues.

Iscte promotes and upholds diversity, freedom, equal opportunities, and the quality of life of all students, opposing any form of discrimination based on ability, sex, gender identity, sexual orientation, ethnicity, religion, language, nationality, age, political orientation, or economic situation.

Members of the academic community are expected to individually promote and defend these values, particularly by respecting individual differences and the diversity that defines Iscte.

Within the scope of IN-Iscte, students can freely attend the Soft Skills Laboratory course, “Gender Inequality and Diversity”, offered in both academic semesters, in addition to their degree program.

To seek support regarding a situation of discrimination within Iscte, students may contact the Social Action Service (SAS). Iscte also has a [reporting channel](#) that can be used for this purpose.

Iscte also has a Student Ombudsperson, an independent office whose main role is to defend and promote the rights and interests of people who study at Iscte.

FOR MORE INFORMATION:

[Students with specific educational needs](#) [Estudantes com necessidades educativas específicas] (available in Portuguese).

[Student Ombudsperson](#) [Provedor do estudante] (available in Portuguese).

[Iscte Academic Code of Conduct](#) [Código de Conduta Académica do Iscte] (available in Portuguese).

[Iscte Equality, Diversity and Inclusion Plan](#) [Plano de Igualdade, Diversidade e Inclusão do Iscte] (available in Portuguese).

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SEXUAL HARASSMENT

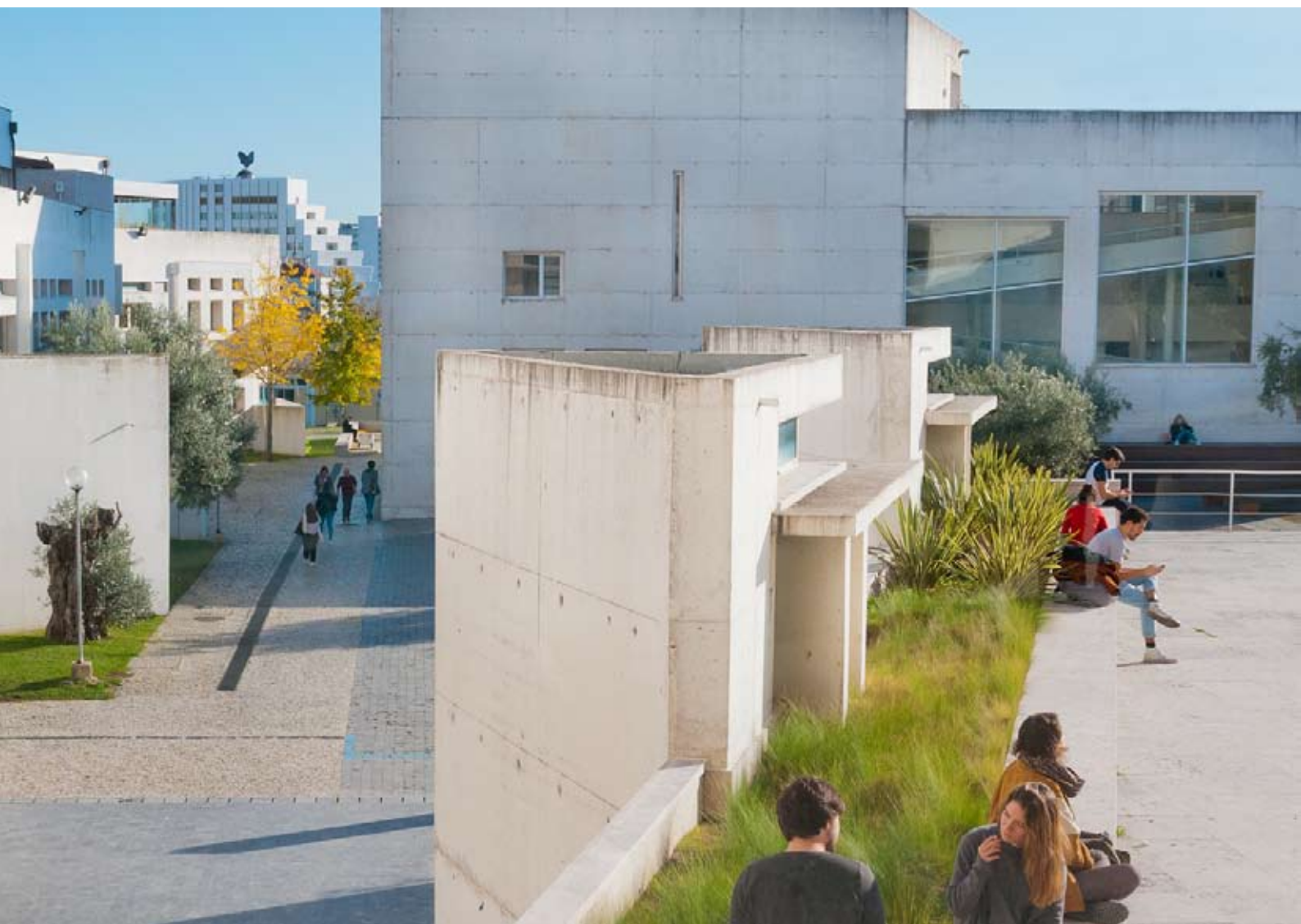
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<https://bewell-iscte-iscte.hub.arcgis.com/>
bewell@iscte-iul.pt



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