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GENERAL TOPICS FOR A NATIONAL EDUCATION PROGRAM ABOUT MENTAL HEALTH IN THE PORTUGUESE SCHOOL

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The young population is especially vulnerable to phenomena such as social exclusion, especially in the transition from school to working life, with all the implications that might ensue for the ability to develop a sense of future. Compare to adulthood, young people are a risk group for mental illness by the vulnerability they are submitted, concerning financial and employment problems, training opportunities or family disorganization. Note that the family model has undergone rapid changes revealing new representations and a fertile ground for mental disorders of the forum.

Although the collected information, the data produced and multiple studies have been difficult to implement a consistent and structured education for mental health in the adolescent population.