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UPA (United to help movement) makes a difference: A school-based intervention to promote mental health literacy and combat mental illness stigma in young people

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The “UPA faz a diferença” (UPA – United to Help Movement makes a difference) is a school-based project that has the main goal of promoting mental health amongst young people (15-17 year-olds). This project is based on a two-session intervention intended to be effective in enhancing knowledge, attitude and behaviour of young people in relation to mental health/illness issues. The materials of this project were developed in a creative way so that, together with the music developed for our national anti-stigma campaign (UPA 08), we can catch young people’s interest and engagement in a subject they tend not to be exposed to.

This presentation will focus on the main findings of the pilot study developed to understanding young people’s needs regarding mental health education; will discuss the methodology used and the materials developed for the project; and will present the preliminary results of the effectiveness of the project in raising young people’s mental health knowledge.