



**CREATING DIGITAL
APPROACHES FOR
EQUITABLE ACCESS
TO MENTAL
HEALTH
SUPPORT
5 ECTS**

November 24th- 29th 2025, Setubal, Portugal

FOR STUDENTS FROM ALL FIELDS



+three virtual meetings in between November 1st -22nd evening time

Creating Digital Approaches for equitable access to mental Health Blended International Program – BIP

Mental health is a cornerstone of human well-being and social cohesion. In the WHO European Region, one in six people lives with a mental health condition. Among children and young people, approximately 13% under 19 are affected, with evidence showing that half of all mental health problems start by age 14, and three-quarters by age 24.

There is no health without mental health. Promoting, protecting, and restoring mental well-being is a shared responsibility of individuals, communities, institutions, and societies. At the same time, the digital transition of contemporary life creates both challenges and opportunities, offering new ways to ensure equitable, innovative, and sustainable responses to mental health needs.

This BIP programme addresses these issues through an international, interprofessional, and human-centred approach. Participants from diverse academic and professional backgrounds will collaborate to design innovative concepts for digital mental health, supported by team-building activities, institutional visits, cultural experiences, and expert guest lectures.

The programme combines structured learning with cultural immersion, encouraging participants to explore different perspectives and strengthen intercultural collaboration. It also leaves space for personal discovery, with opportunities for cultural activities and travel across Portugal, enriching both individual and collective learning.

Course Language

English



Key Concepts

- Individual culture, values, and diversity
- Mental health needs in society and emerging future trends
- Determinants and epidemiological knowledge of mental health (global, EU, and national levels)
- Everyday knowledge versus evidence-based knowledge
- Human-Centered Design and co-creation in mental health

Main Learning Outcomes

At the end of the programme, participants will be able to:

Support people with mental health challenges, aligning their approach with the client's culture and values

Explain how team decisions connect to societal needs and future trends

Apply determinants and epidemiological knowledge of mental health (global, EU, and national) to justify concepts

Differentiate everyday knowledge from evidence-based knowledge

Design a concept for a digital mental health intervention using Human-Centered Design

Apply the Human-Centered Design process effectively

Select appropriate validation methods when developing a concept

Integrate everyday knowledge of clients with evidence-based knowledge in a respectful and balanced way

Programme & Practical Information

Mental health self-awareness and reflection

Determinants and epidemiological knowledge of mental health (global, EU, and national)

Mental health promotion across the life cycle

Community-based approaches to mental health

Communication and support methods in the context of the digital transition

Digital literacy for health and well-being

Human-Centered Design applied to mental health

Development of concepts for digital mental health interventions

Accommodation

We recommend staying in hotels and hostels located in Setúbal city center, as this will make your stay easier and more comfortable, particularly in terms of transportation and access to social or leisure activities.



Participants may also book accommodation independently through widely used online platforms according to their preferences and budget.

Organizing Partners

School of Health – Polytechnic of Setúbal, Portugal

Oulu University of Applied Sciences, Finland

University of Bacău, Romania

UC Leuven-Limburg University of Applied Sciences, Belgium

Coordinating Institution

School of Health – Polytechnic of Setúbal, Portugal

Dates and Schedule

Online: The online sessions are planned to take place between november 1st and 22nd. The specific dates will be confirmed shortly; sessions will be held in the late afternoon (European Central Time)

On-site: The face-to-face sessions are planned to take place between november 24th and 29th in Setúbal, Portugal.

Although activities will take place from november 24th to 29th, it is advisable to arrive in Portugal at least the day before and book the return flight from the day after, since sessions are scheduled daily from 9:00 to 17:00.

How to Get from Lisbon Airport (Humberto Delgado) to Setúbal — Updated Options

Metro + Bus

- 1- Take the metro (Red Line) from the airport station to Estação do Oriente.
- 2- From Estação do Oriente, catch a Carris Metropolitana bus (e.g. bus 4720) to Setúbal.
- 3- Approximate cost: 4-6€, duration around 1 hour (may vary with connections).
 - a. More information: <https://carrismetropolitana.pt>

Metro + Train (Fertagus)

- 1- From the airport, take the metro or bus to Roma-Areeiro (or Entrecampos) station.
- 2- Board the Fertagus train from Roma-Areeiro to Setúbal. Trains run approximately every 20-30 minutes throughout the day.
- 3- Journey time 49 to 60 minutes depending on start point. Cost 3-6€.
 - a. More information: <https://www.fertagus.pt/en>

Direct Bus Services

- 1- There are coach/bus options from Lisbon Airport or from central Lisbon (Oriente) to Setúbal. Some are provided by Carris Metropolitana or other operators.
- 2- Duration approximately 1 h to 1 h 30 min, depending on route and traffic.
 - a. More information: <https://www.checkmybus.com/lisbon-airport/setubal>



Taxi / Ride-hail / Private Transfer

- 1- Taxi from the airport to Setúbal costs in the region of 30-40€ when traffic is normal.
- 2- Uber/Bolt or private/minibus transfers also available; can be more comfortable and direct but more expensive

Course Location – Casa da Baía (pending on confirmation)

Located in Setúbal city center.

Address: Av. Luísa Todi 468, 2900-456 Setúbal

Link: <https://setubalbay.org/en/itinerary/shop-of-regional-products-of-the-casa-da-baia-de-setubal/>

IPS Setúbal Campus

Located around 7 km from Setúbal city centre.

Address: *Campus do IPS, Estefanilha, 2910-761 Setúbal*

Campus video: https://www.youtube.com/watch?v=FGLgkY_O5pI

Campus map: <https://www.google.pt/maps?q=Instituto+Politécnico+De+Setúbal&hl=pt-BR&ie=UTF8&cid=11592002288417910522&gl=PT&t=m&z=14&iwloc=A>

Open your horizons. Be part of this BIP and come to discover Setúbal!