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FINDING SPACE TO MENTAL HEALTH. PROMOTING MENTAL HEALTH IN ADOLESCENTS (12-14 YEAR-OLDS): PRELIMINARY RESULTS OF THE PILOT STUDY*VIEIRA DE CAMPOS L., PALHA F., DIAS P., VEIGA E., DUARTE A.I.*

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Introduction. The lack of information and stigma associated with mental disorders are major obstacles to the promotion of mental health(MH). The Finding space to mental health: Promoting mental health in adolescents (12-14 year-olds) project aims to increase young people's mental health literacy (MHL). In the first year of the project the questionnaire to evaluate students' MHL, and the MH intervention were developed. **Objective.** This poster presents some results of the pilot study of the project, specifically the results regarding the appropriateness of the mental health intervention. **Design and Method.** The intervention is based in two sessions that cover information regarding MHL. The pilot study was carried out with adolescents(N=70), 55.7% boys and 40% girls (Mage=13.11; SD=0.81). The impact of the intervention was assessed through the questionnaire developed,



which was administered at the beginning of the 1st and at the end of the 2nd session. **Results.** The post intervention assessment showed a significant increase in Knowledge (pre: $M=82.30, DP=6.31$; post: $M=90.04, DP=6.29$; $p=0.00$), First aid skills & Help seeking (pre: $M=41.95, DP=5.81$; post: $M=44.35, DP=4.86$; $p=0.00$) and Self-help strategies (pre: $M=25.19, DP=2.92$; post: $M=27.90, DP=2.45$; $p=0.00$). **Conclusions.** The results suggest the adequacy of the methodology used in the intervention, which contributes to students' improvement of MHL.