

# Living in home confinement

## What resources does Ciências have available?

The **Psychological and Educational Support Office** is available to give you support during this time. If, at any moment, you feel overwhelmed with the current situation, contact us! All you need to do is to send an email to [gapsi@ciencias.ulisboa.pt](mailto:gapsi@ciencias.ulisboa.pt) asking for an appointment, which will be made by videocall.

You can also obtain additional information about how the Faculty of Science works during this period by emailing [covid19@ciencias.ulisboa.pt](mailto:covid19@ciencias.ulisboa.pt).



Ciências  
ULisboa

