

qualitative perspective. This study aims to explore migrant families' perceptions, attitudes, and experiences of their children's mental health and to identify key factors that contribute to vulnerability and disparities in health care access.

Methods: A qualitative study was conducted using focus group discussions with 30 parents of children and adolescents from diverse migrant communities in Portugal. Participants were recruited through non-governmental organizations and included migrants from the Middle East, Africa, South Asia, and Latin America, with a total of 10 nationalities. Thematic analysis was applied to identify key themes related to perceptions, attitudes and experiences regarding mental health needs in migrant children.

Results: Three key themes emerged: (1) The impact of migration on children's mental health; (2) Factors such as age, family dynamics, economic circumstances and sociocultural backgrounds as key contributors to mental health; (3) Strong social support networks, including family, schools, religious and community groups, play a critical role in fostering resilience and helping children cope.

Conclusions: Addressing the mental health of migrant children requires targeted public health policies that improve access to health care, cultural competence in schools and mental health services, and integration of social support systems. Future research should focus on the design and implementation of interventions that promote equitable mental health outcomes for migrant children.

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331 Exploring migrant families' perceptions, attitudes, and experiences regarding their children's mental health: a qualitative study in Portugal

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Aims: Migrant children face multiple mental health stressors, including family, social, cultural, and economic factors. Cultural beliefs and stigma influence perceptions of mental health within migrant communities, which determine help-seeking behavior and may also influence access to health services. Despite increasing migration trends in Portugal, there is still a lack of research on the mental health experiences of migrant children, especially from a