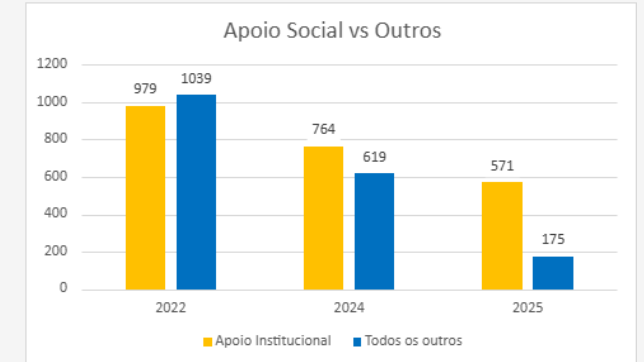
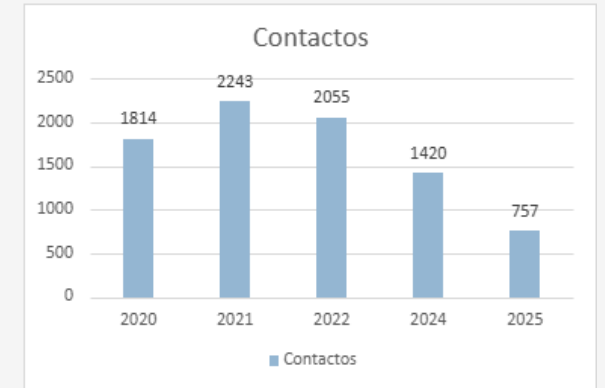


Service | Follow-up SOS PREGNANT - 2025

In 2025 - Total of 757 contacts - average of 3 daily contacts (245 days of line operation):

- Year 2021 – 2243; Year 2022 – 2055; 2023 – 1740; 2024 – 1420; 2025 – 757•
- After the peak reached in 2021, the number of contacts has been decreasing. The acceleration of this decrease is very significant: in two years, between 22 and 24, 30% was lost, while from 24 to 25 more than 45% was lost.
- As for the reason for contact, we can see that the weight of Institutional Support has increased in relation to the other areas, due to the strong decrease in contacts for other matters.

What a future??? Betting on the social / psychological sphere, is a hypothesis, given that currently the SNS 24 line is the privileged and mandatory contact channel in health matters.



Service | Follow-up Direct Service and Psychology Office - 2025

- **Year 2025:**

- Number of requests for institutional support: 770 (year 2024: 968 requests for support, i.e. 108 less in 2025)
- Number of first consultations performed: 476 (467 direct consultations *+ 9 only psychology) + 273 one-off support
- Number of families accompanied: 1093 (1057 direct care + 16 psychology only + 20 psychology reception only)
- Number of families monitored Psychology Office: 139
- Number of continuity appointments scheduled: 3911 (3273 direct appointments booked + 638 psychology appointments scheduled)
- Number of continuity consultations performed: 3192 (2732 direct consultations** + 460 psychology consultations***)
- ** - 83.5% of direct appointments scheduled; 72% of psychology appointments booked
- Average direct care per family - 2.5; Average psychology consultations per beneficiary - 3.3

Service | Follow-up Direct Care and Psychology Office - 2025

What is the profile of those who ask for help?

Average age at entry: 28.2 years old (154 from 19 to 24 years old; 393 from 25 to 34 years old, 122 from 35 to 39 years old)

Marital status: the majority were single (52, 44%), followed by those who were married (32%)

Place of residence: Lisbon district with the highest prevalence (71.6%), followed by Setúbal (15.7%) and Santarém (9.9%)

Municipalities with the highest prevalence: Sintra (21%), Loures (13.3%), Lisbon (12.1%), Amadora (11.1%), Odivelas (10.1%), Santarém (7.58%)

Country of origin/nationality: Guinea Bissau 19.6%; São Tomé and Príncipe 17.5%; Angola 14.7%; Portugal 13.3%; Brazil 10.6%;

Situation of stay in Portugal: regular 65.4%; does not apply because you were born in Portugal: 12%; irregular with SEF process 14.8%; irregular without SEF process 8%;

Service | Follow-up - 2025

What is the profile of those who ask for help?

Family type: Single-parent: 43.8%; Nuclear 42%; Extended – 9.67%; Rebuilt – 1.5%

Education level: Secondary education 43.1%; 3rd cycle of basic education 18.1%; Bachelor's degree 13.8%

Languages and dialects: Portuguese 80%; English 7.2%

Occupation | Employment status: Unemployed up to 1 year 34.5%; No occupation 26%; Employee with employment relationship 20%

Pregnancy situation | Maternity: pregnant - 71%; mother 26%

Type of pregnancy: pregnant with 1 baby - 94%

Service | Follow-up Direct Care and Psychology Office - 2025

Characterization of the aid application

Who makes the request for help? Own 78%; Community technician 17%

Type of contact: SOS G – 49.91%, of which 25.5% are normal line; Other lines of the institution (headquarters – 34%);

How did you find out? Friends – 29.7%; Social networks and other forms of dissemination – 11%; Other institutions – 11.4%

Express request: Social support – 46%; In-kind support – 29%

Type of intervention requested: Institutional monitoring – 97%; One-off support – 2.4%; Reception request – you only have 1 registered contact

Service - Goods distributed in 2025

- Number of layettes distributed : 448
- Number of families supported by food banks:
- Number of food baskets distributed: 384
- No. of Fresh Baskets distributed: 563
- Number of supports in baby hygiene products: 1093