GARRIGUES



Helena Carreiras

Senior associate
Lisbon
helena.carreiras@garrigues.com

Av. da Republica, 25, 1º
1050-186 Lisboa (Portugal)
Tel: +351 213 821 200
Fax: +351 213 821 290

Corporate and M&A
Private Equity

Helena Carreiras is a Senior Associate in the Mergers and Acquisitions, Corporate Law and Commercial Contracts department of Garrigues.

Her experience focuses mainly on mergers and acquisitions, private equity/venture capital transactions, and corporate and commercial matters.

Helena holds a Degree in Law from the Faculty of Law of the University of Lisbon.

Experience

Helena Carreiras is a Senior Associate in the Mergers and Acquisitions, Corporate Law and Commercial Contracts department of Garrigues as of January 2026.

Helena has experience in operations involving corporate and asset acquisitions, venture capital transactions, domestic restructurings and corporate and commercial matters, in respect of which she provides legal advice to both domestic and international clients.

Academic background

- Degree in Law from the Faculty of Law of the University of Lisbon.
- Mergers & Acquisitions Executive Program from the Católica Porto Business School.

Memberships

Member of the Portuguese Bar Association since 2019.