



Theoretical Foundations for School-Based Mental Health Support Programmes in Urban Lagos, Nigeria: A Framework for Addressing Youth Wellbeing Crisis

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Abstract

Urban areas in Lagos, Nigeria face significant challenges related to youth mental health, with a growing population and increasing urbanization leading to heightened stressors such as poverty, discrimination, and violence. A mixed-methods approach including literature review, stakeholder consultations, and thematic analysis to identify key themes and gaps in existing SBMHSPPs for urban youth in Nigeria. The theoretical framework outlines strategies for developing SBMHSPPs in urban Lagos that integrate community resources, cultural relevance, and evidence-based practices to address youth mental health needs effectively. Develop a culturally sensitive curriculum, engage local communities in programme development, and utilise existing infrastructure such as schools and faith-based organizations to enhance the reach of interventions.

Keywords: *Sub-Saharan, Urbanization, CommunityEngagement, EcologicalModel, CriticalTheory, ParticipatoryResearch, YouthActivism*

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