



Support Groups for Mental Health Disorders Among LGBTQ+ Individuals in Cape Town: Focus Group Feedback and Long-term Sustainability Strategies

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Abstract

Cape Town in South Africa is home to a vibrant LGBTQ+ community that faces unique social challenges related to mental health disorders. Twelve focus group discussions were conducted with participants from diverse backgrounds within the LGBTQ+ community. The study aimed at understanding their experiences and feedback regarding existing support groups. Participants reported a high satisfaction level (85%) with the current support groups, citing improved mental health as one of the significant benefits. Support groups play a crucial role in addressing mental health issues within the LGBTQ+ community. However, their sustainability is threatened by financial constraints and a lack of formal recognition. Long-term funding strategies should be developed to ensure support group continuity. Additionally, advocacy efforts are needed to gain official endorsement for these groups.

Keywords: *African Geography, LGBTQ+, Focus Groups, Ethnography, Mental Health, Community Support, Sustainability Strategies*

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