



Utilization Patterns of Mental Health Support Services by Urban Kenyan Women in Informal Employment,

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Abstract

Urban Kenyan women in informal employment face unique challenges related to mental health support due to limited access and awareness. The study employed a qualitative approach involving interviews with participants who utilised services and those who did not. Data was analysed using thematic analysis. Findings indicate that despite increased awareness campaigns in recent years, only half of the surveyed women sought mental health support, highlighting disparities in service access and utilization patterns. Urban Kenyan women in informal employment have limited engagement with available mental health services, underscoring the need for targeted interventions to improve accessibility. Policy recommendations include expanding outreach programmes specifically tailored to urban informal workers and enhancing community-based support networks. Mental Health Services, Urban Women, Informal Employment, Accessibility

Keywords: *African Geography, Qualitative Research, Mental Health, Urbanization, Empowerment Studies, Informal Sector, Community Engagement*

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