



A Framework for School-Based Mental Health Support Services in Urban Kenya: An Analysis of Anxiety Disorders

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Abstract

Urban Kenya faces significant mental health challenges among students, particularly those with anxiety disorders. A conceptual analysis integrating existing literature on mental health interventions and educational settings in Africa. This theoretical framework aims to guide policymakers and educators in designing comprehensive mental health support services tailored to urban Kenyan students with anxiety disorders. Develop targeted training programmes for teachers and school staff, integrate mental health into the curriculum, and establish partnerships with local healthcare providers.

Keywords: *African geography, urbanization effects, qualitative research, mental health policy, community engagement, psychoeducational approaches, cultural psychiatry*

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