



Mental Health Support Services in Zambian Copperbelt Mining Areas: Job Satisfaction and Psychosocial Well-being Among Mine Workers

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Abstract

Mental health support services in Zambian mining areas are critical given the high levels of stress and job insecurity among mine workers. A qualitative ethnographic study was conducted through semi-structured interviews with 30 mine workers from various mines across the region. Data were analysed using thematic analysis to identify common themes related to mental health support and its effects on job satisfaction. Findings indicate that approximately 60% of participants reported an improvement in their overall job satisfaction after accessing mental health support services, with specific mentions of stress reduction and improved work-life balance as key benefits. The study underscores the importance of comprehensive mental health support services for mine workers on the Zambian Copperbelt, highlighting its positive impact on psychosocial well-being and job performance. Recommendation is made to expand mental health support services in mining areas by integrating them into existing health programmes and ensuring accessibility across all mines.

Keywords: *Copperbelt, Ethnography, Community Engagement, Job Satisfaction, Psychosocial Well-being, Cultural Competency, Intersectionality*

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