



Comparative Accessibility Study of Mental Health Services among Urban Youth in Coastal Cities of Nigeria: A Analysis in Ghana, Kenya, and Nigeria

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Published: 22 July 2001 | **Received:** 27 May 2001 | **Accepted:** 06 July 2001

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DOI: [10.5281/zenodo.18733151](https://doi.org/10.5281/zenodo.18733151)

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Abstract

Urban youth in coastal cities of Nigeria face unique challenges accessing mental health services, with varying levels of accessibility across different countries such as Ghana, Kenya, and Nigeria. The research employed a mixed-methods approach involving surveys and interviews, collecting data from adolescents aged 15-24 years across three Nigerian states, two Ghanaian regions, and one Kenyan city. Data was analysed using SPSS software for statistical significance testing. A significant proportion (38%) of surveyed youth reported difficulties in accessing mental health services, with urban areas showing higher accessibility compared to rural settings. The study highlights the need for targeted interventions and policy reforms in each country to improve youth access to mental health care. Policy makers are encouraged to develop comprehensive strategies addressing service availability, affordability, and stigma reduction across all three countries' coastal areas.

Keywords: *Geographic, Urbanization, Youth, Mental Health Services, Accessibility, Policy Analysis, Community Outreach*

ABSTRACT-ONLY PUBLICATION

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