



# **African Mental Health First Aid Initiatives in Primary Schools: A Theoretical Framework Analysis**

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## **Abstract**

Mental health issues among primary school students in Northern Nigeria are on the rise, necessitating innovative solutions. A systematic review and qualitative analysis of existing MHFA programme literature from Northern Nigeria. This framework identifies key areas for future empirical research and policy recommendations aimed at enhancing MHFA programmes in Nigerian schools. Investigate the long-term impact on student mental health outcomes and explore scaling up successful interventions to broader populations.

**Keywords:** *African, Geographic, Contextualization, Community-Based, Empowerment, Phenomenological, Qualitative Analysis*

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