



Impact of School-Based Mental Health Support on Suicidal Ideation Among Urban High School Students in Lagos, Nigeria,: Three-Month Analysis

Victor Uzoka^{1,2}, Felix Okocha³, Chimere Obinna^{2,4}

¹ Department of Advanced Studies, Babcock University

² University of Jos

³ Department of Interdisciplinary Studies, University of Jos

⁴ University of Lagos

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Correspondence: vuzoka@hotmail.com

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Author notes

Victor Uzoka is affiliated with Department of Advanced Studies, Babcock University and focuses on Law research in Africa.

Felix Okocha is affiliated with Department of Interdisciplinary Studies, University of Jos and focuses on Law research in Africa.

Chimere Obinna is affiliated with University of Jos and focuses on Law research in Africa.

Abstract

Urban high school students in Lagos, Nigeria, face significant mental health challenges including suicidal ideation. School-based mental health support services are increasingly being implemented to address these issues. Qualitative data were collected through semi-structured interviews with students and teachers at randomly selected schools. Focus groups were also conducted to gather insights into the implementation and impact of these services. A notable theme emerged regarding the perceived inadequacy of support provided by school-based mental health services, particularly in terms of timely intervention and confidentiality issues. School-based mental health services need enhancement to better address students' needs for timely, confidential support. Further research is recommended to refine service delivery models. Immediate improvements should include training staff on recognising signs of distress and ensuring that students feel comfortable seeking help within the school environment.

Keywords: *African Geography, Urban Studies, Qualitative Research, Suicide Prevention, Mental Health Services, School-Based Interventions, Youth Mental Health*

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