



Understanding Urban Youth Depression Rates in Nairobi Through School-Based Mental Health Programmes: An African Perspective

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Abstract

Urban youth depression rates in Nairobi are on the rise, necessitating innovative approaches to mental health support. A qualitative analysis of existing literature and case studies from schools implementing such programmes. Schools play a crucial role in early detection and intervention for urban youth depression, highlighting the importance of integrating these programmes into educational curricula. Governments and education authorities should mandate mental health training for teachers and allocate resources to support school-based programmes.

Keywords: *African, Nairobi, Community Engagement, Mental Health, Qualitative Analysis, Urbanization, Youth Studies*

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