



Telehealth Accessibility in South African Rural Mental Health Services: A Policy Analysis

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Abstract

Telehealth platforms have emerged as a potential solution to improve mental health services accessibility in rural areas of South Africa, where traditional face-to-face consultations are often limited by geographical and infrastructural constraints. The study reviews existing policies related to telehealth in South Africa's mental health sector, analyzes case studies from selected rural areas, and conducts a thematic review of relevant literature. Telehealth platforms have demonstrated varying degrees of accessibility across different regions, with some areas experiencing significant barriers such as low internet penetration and lack of trained professionals. Despite initial optimism, telehealth in South African rural mental health services faces substantial challenges, including technological limitations and workforce shortages. Policy recommendations include enhancing digital infrastructure, training more healthcare providers for telehealth platforms, and integrating telehealth into broader mental health service delivery strategies.

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Coverage
Equity
Development*

*Policy
Health
Public
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Analysis

Health

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