



Peer Support and Counseling in Urban Youth Mental Health Groups in Accra, Ghana: An Evaluation Study

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Abstract

Urban youth in Accra, Ghana face significant mental health challenges, necessitating effective support mechanisms. A mixed-methods approach was employed, including semi-structured interviews ($n=20$) \wedge *focus group discussions* ($n=5$). Participants reported improved emotional regulation skills (mean score increase by 15%), with a strong theme of peer support fostering mutual understanding. Peer-led support groups significantly enhanced mental health outcomes among urban youth in Accra, suggesting their efficacy as an intervention strategy. Further research should explore scalability and cost-effectiveness of these interventions across broader populations. Urban Youth, Mental Health Support Groups, Peer Support, Counseling

Keywords: *African geography, Urban psychiatry, Qualitative research, Peer intervention, Group counseling, Mental health services, Community-based interventions*

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