



Mental Health Dynamics in Post-Conflict Rwanda: Insights into Psychosocial Support Systems

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Abstract

Post-conflict Rwanda faces significant mental health challenges among its population, necessitating robust psychosocial support systems. This study employed a qualitative approach involving semi-structured interviews with community members, healthcare providers, and mental health professionals. A key finding is the prevalent stigma surrounding mental health issues, which hinders timely access to services. A proportion of respondents (45%) reported difficulties in accessing adequate psychosocial support. The findings underscore the urgent need for culturally sensitive interventions and community-based support networks to address mental health needs effectively. Implementing a multi-pronged strategy including stigma reduction campaigns, training programmes for healthcare providers, and enhancing community engagement is recommended.

Keywords: *Countryside, Conflict, Resilience, Trauma, Psychotherapy, Community, Empowerment*

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