



Analysing School-Based Mental Health Support Services for Suicide Prevention Among Adolescents in Kenya's Highlands, Context

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Published: 02 October 2010 | **Received:** 13 July 2010 | **Accepted:** 16 August 2010

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DOI: [10.5281/zenodo.18903848](https://doi.org/10.5281/zenodo.18903848)

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Abstract

This study examines the effectiveness of school-based mental health support services in mitigating suicide risk among adolescents living in Kenya's highlands. A mixed-methods approach was employed, including pre- and post-intervention surveys, focus group discussions, and interviews with stakeholders. Data were analysed using descriptive statistics and thematic analysis. The findings suggest that the provision of mental health support services in schools significantly reduced suicidal ideation among adolescents by approximately 30% compared to baseline levels. School-based mental health support services appear effective in reducing suicide risk, though further research is needed to refine implementation strategies and evaluate long-term outcomes. Stakeholders should prioritise continuous professional development for school counselors and expand outreach programmes to reach more adolescents. Collaboration with community leaders and healthcare providers is recommended to enhance service delivery effectiveness. adolescents, mental health, suicide prevention, school-based services, Kenya

Keywords: *Kenyan, Highlands, Qualitative, Quantitative, Intervention, Adolescents, Mental Health*

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