



# The Impact of Psychosocial First Aid Training on Adolescent Mental Health in Kenyan Schools: A Qualitative Exploration

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## Abstract

Adolescents in Kenya face significant mental health challenges, influenced by factors such as poverty, family conflict, and school stress. Psychosocial support is thus essential for their well-being. The study employed a qualitative approach involving semi-structured interviews with educators, students, and parents. Data were analysed using thematic analysis. Findings highlighted that participants perceived the training as beneficial for both students and teachers, contributing positively to school climate and student resilience. Psychosocial first aid programmes show promise in enhancing adolescent mental health in Kenyan schools, warranting further research and implementation. Schools should integrate psychosocial support into their existing curricula and professional development plans for educators. Adolescents, Mental Health, Psychosocial First Aid, Qualitative Study, Kenya

**Keywords:** African, Qualitative, Psychosocial, Intervention, Adolescents, Stress, Conflict

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