



Urban Lagos Mental Health Awareness Campaigns: Shaping Employer-Atthoungst Worker Relationships in High-Pressure Job Seekers' Environments

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Abstract

Urban Lagos is a vibrant metropolis facing significant socio-economic challenges, particularly in employment sectors where high-pressure environments are prevalent among job seekers and their employers. A mixed-method approach was employed, combining quantitative survey data with qualitative interviews to assess changes in awareness and attitudes towards mental health within the targeted demographic. Survey results indicated an increase of 40% in reported knowledge about mental health issues among job seekers and their employers compared to pre-campaign levels, reflecting a notable shift towards greater understanding and support for mental well-being. While initial awareness gains were observed, the need remains for sustained educational efforts and policy integration to ensure long-term mental health improvement in high-pressure urban work environments. Sustained engagement with employers through regular workshops and training programmes is recommended alongside community-level support groups to foster a more inclusive and supportive workplace culture.

Keywords: *African Geography, High-Pressure Work Environments, Community Engagement, Psychosocial Support Services, Qualitative Research Design, Psychological Well-being Measurement, Mental Health Advocacy Campaigns*

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