



Social Support Networks and Mental Health in Senegalese Migrant Families: A Theoretical Framework

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Abstract

Social support networks play a crucial role in mental health outcomes across diverse populations. In Senegalese migrant families living abroad in Seychelles, these networks can provide emotional and practical assistance, which is particularly important given the challenges of adapting to a new culture and environment. Theoretical frameworks do not require empirical data collection or analysis; instead, they rely on existing literature and conceptual models to explore the relationship between social support and mental health in migrant populations. This theoretical framework identifies the importance of maintaining and strengthening social networks as a key strategy for supporting mental health among Senegalese migrants in Seychelles. Interventions should focus on enhancing communication within existing support networks, fostering new connections through community events, and providing resources to strengthen resilience against stressors.

Keywords: *Sub-Saharan, diaspora, ethnography, resilience, cultural adaptation, multivariate analysis, qualitative inquiry*

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