



Understanding Suicide Prevention Strategies Among Nigerian Secondary School Students Using Case Study Methodology

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Abstract

Suicide is a significant public health issue globally, including in Nigeria where it affects young people disproportionately. A qualitative approach was employed to conduct in-depth interviews with educators and students at four randomly selected secondary schools across urban and rural areas of Nigeria. Students reported that peer support groups were most preferred for discussing mental health issues, while teachers' awareness training on early identification and intervention showed promise in reducing suicidal tendencies. The study highlights the importance of integrating student-led initiatives with teacher education programmes to create a comprehensive suicide prevention framework in Nigerian secondary schools. Schools should establish peer support networks and conduct regular teacher training workshops focusing on mental health awareness and early intervention strategies. Suicide Prevention, Secondary School Students, Nigeria, Case Study Methodology

Keywords: *African, Qualitative, Methodology, Adolescence, Suicide Prevention, Contextualization, Empowerment*

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