



# The Role of Community-Based Counseling in Addressing Mental Health Among Senegalese Adolescents: An African Perspective on Effective Interventions

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## Abstract

Community-based counseling has emerged as a promising approach to address mental health issues among adolescents globally. In Senegal and other African contexts, such interventions are often tailored to meet local needs and resources. The study employs qualitative data analysis from focus group discussions and interviews conducted with adolescents, parents, and community leaders to assess the acceptability and effectiveness of counseling programmes. The findings suggest that community-based counseling can be an effective strategy for addressing mental health issues among Senegalese adolescents living in Morocco, highlighting the importance of integrating such services into existing healthcare systems. Future research should focus on replicating these findings across different regions and contexts within Morocco to ensure broad applicability. Additionally, policy-makers should consider funding and scaling up community-based counseling programmes as a viable mental health intervention for adolescents.

**Keywords:** *African, Senegalese, Community-Based, Interventions, Counseling, Adolescents, Mental Health*

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