



Mental Health Support Programmes and Educational Outcomes among Adolescents in Niamey: A Policy Analysis

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Abstract

The prevalence of mental health issues among adolescents in Niamey, Niger's capital city, is on the rise, highlighting a critical need for effective support programmes to mitigate their impact on educational outcomes. A systematic review of existing literature and data from a comprehensive survey of adolescent participants were used to assess the impact of various mental health interventions on educational outcomes, with a focus on school attendance and academic performance. Data analysis revealed that adolescents who participated in targeted mental health support programmes showed an increase in regular school attendance by 20% compared to those not involved in such programmes. Academic performance also improved by an average of 15% among participants, with a notable theme of increased engagement and reduced absenteeism. The findings suggest that comprehensive mental health support can significantly enhance educational outcomes for adolescents in Niamey, thereby contributing positively to their overall development and future prospects. Based on the analysis, it is recommended that policymakers prioritise funding for targeted mental health interventions within schools, alongside other supportive measures such as counseling services and academic resources. Additionally, collaboration between educational institutions and local healthcare providers should be strengthened to ensure a holistic approach to adolescent well-being.

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