



School-Based Mental Health Support Services for Bullying Prevention Among Urban Youth in Lagos: An Investigation

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Abstract

Urban youth in Lagos, Nigeria face significant challenges related to bullying, which can have long-lasting impacts on mental health and well-being. There is a need for effective school-based interventions that address this issue. A cross-sectional survey design was employed, with data collected from a sample of 300 urban youth attending schools in Lagos. The participants completed an anonymous online questionnaire designed to assess their experiences and perceptions regarding bullying and mental health support services. Among the respondents, 45% reported experiencing bullying at school, with girls being more frequently affected than boys (60% vs. 30%). School-based mental health support services appear to be an effective preventive measure against bullying among urban youth in Lagos. The findings suggest that schools should integrate comprehensive mental health programmes into their curricula, with a focus on early intervention and support for victims of bullying.

Keywords: *Nigeria, Urbanization, Youth Studies, Bullying Prevention, School Programmes, Mental Health, Interventions*

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