



# Accessibility and Utilization of Mental Health Services in Lebanese Urban Camps: Needs Assessment and Policy Recommendations for Refugees in African Contexts

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## Abstract

Lebanon hosts a significant number of refugees from various countries, including African contexts such as Zimbabwe. The mental health needs of these populations are often underreported and inadequately addressed. A mixed-methods approach was employed, including quantitative surveys with structured questionnaires and qualitative interviews to gather comprehensive data on service availability, barriers to access, and user experiences. The survey revealed a significant disparity in mental health services accessibility across different urban camps, with only 30% of participants reporting easy access to psychological support. The most common barrier was financial constraints. Despite challenges, the findings underscore the critical need for targeted interventions and policy reforms aimed at improving mental health service provision in Lebanese urban camps. Policymakers are urged to prioritise funding for mental health services, particularly in underserved areas. Additionally, integrating mental health into primary healthcare systems could enhance accessibility. Lebanon, refugees, urban camps, mental health services, policy recommendations

**Keywords:** *Geographic, Urbanization, Refugee, MentalHealth, Accessibility, Utilization, NeedsAssessment*

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