



Assessing School-Based Mental Health Services in Nigerian Urban Enclaves: A Pilot Project Evaluation

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Published: 28 March 2005 | **Received:** 26 December 2004 | **Accepted:** 29 January 2005

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DOI: [10.5281/zenodo.18815945](https://doi.org/10.5281/zenodo.18815945)

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Abstract

School-based mental health services (SBMHS) in Nigeria's urban areas are underutilized due to insufficient resources and awareness. A mixed-methods approach involving surveys ($n=120$) and interviews ($n=15$), conducted in three selected urban schools across Nigeria. Findings indicated that only 43% of students were aware of the mental health services available, with a significant proportion reporting barriers such as stigma and lack of confidentiality. The pilot project highlighted critical areas for improvement in SBMHS provision, particularly in addressing student awareness and overcoming cultural stigmas. Immediate actions include enhancing school staff training on mental health issues and implementing community outreach programmes to reduce stigma.

Keywords: *Nigerian urban, mental health services, mixed methods, community engagement, qualitative assessment, intervention evaluation, cultural competence*

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