



The Role of School-Based Health Programmes in Enhancing Mental Well-being Among Secondary Students in Cape Town, South Africa: An Educational Perspective

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Published: 22 July 2012 | **Received:** 09 March 2012 | **Accepted:** 09 June 2012

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DOI: [10.5281/zenodo.18963754](https://doi.org/10.5281/zenodo.18963754)

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Abstract

School-based health programmes are increasingly recognised as a critical component in addressing mental health issues among secondary students globally. The study employed an educational perspective, analysing existing literature and qualitative data from interviews conducted with educators and students. The findings suggest that school-based health programmes can be effective tools for promoting mental well-being among South African secondary students. Schools and policymakers should consider integrating these evidence-based interventions into their curricula to mitigate the rising rates of mental health issues in secondary education.

Keywords: *African geography, educational psychology, mental health promotion, school-based interventions, secondary education, universal design for learning, youth wellbeing*

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