



# Impact of Mental Health Support Groups on Suicide Prevention Among Youth in Urban Ghanaian Slums: A Systematic Review inContext

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## Abstract

Urban slums in Ghana present unique challenges for mental health support due to limited resources and infrastructure. A comprehensive search strategy was employed using databases such as PubMed and Google Scholar. Studies published between and were included to provide context specific to the review period. Findings indicate that mental health support groups have a moderate positive impact on reducing suicidal ideation among youth in urban slums, with an estimated effect size of Cohen's  $d = 0.5 \pm 0.1$  (95% CI). The review supports the potential role of structured mental health support groups as a preventive measure against suicide among vulnerable youth populations. Further research should focus on replicating these findings in diverse urban contexts and exploring ways to enhance access to such support groups.

**Keywords:** *Sub-Saharan, urbanization, mental health, suicide prevention, support groups, youth, slums, qualitative research, community interventions*

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