



Community Awareness Measures in Lagos: Reducing Mental Health Stigma through Staged Campaigns

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Abstract

Mental health stigma remains a significant barrier to effective mental illness treatment in Lagos, Nigeria. Community-based interventions are crucial for reducing this stigma and promoting awareness. A mixed-methods approach was employed, including surveys and focus group discussions. Data collection occurred across three phases over six months. Community engagement increased by 35% post-campaign, with themes of improved understanding and reduced fear surrounding mental health issues emerging from qualitative data. The staged campaigns significantly enhanced community awareness about mental illnesses in Lagos, fostering a more supportive environment for affected individuals. Further campaigns should incorporate interactive elements to sustain engagement and address ongoing stigma through continuous education and support. Mental Health Stigma, Community Awareness, Lagos, Nigeria

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