

Presenter: Dr Margaret Isioma Ojehere (Nigeria)

Title: Children grow even in conflict situations: Prioritizing the mental health of youths in Africa

Abstract: With shrinking resources and increasing global turmoil, almost all continents of the world are affected by forms of conflicts. Arguably, parts of Africa are disproportionately affected with consequences such as destruction of infrastructure, economic losses, human rights violations, displacement of people, disruption of stabilizing routines, health problems, and loss of lives.

Conflict as manmade disaster is often armed and affects all persons and ages. Although, extremes of ages may bear the brunt of such conflict with substantial morbidity and mortality. Youths represent a subset of the population that are disproportionately affected in conflict situations and often marginalized with inadequate interventions specifically designed to meet their unique needs.

This presentation will provide insights into the current challenges facing youth mental health in some conflict-affected regions of Africa. It will also outline strategies being implemented to improve the mental health of youths, as well as the roles mental health professionals play in changing the present trajectory.

