

EXPLORATION OF THE MENTAL HEALTH NEEDS AND SERVICES FOR ADOLESCENTS: A QUALITATIVE STUDY

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ABSTRACT

Background: Emotions and behavioral difficulties are important for adolescent's general well being. Many adolescents experience high rates of mental health problems. Unfortunately, the need is often greater than the available services. Therefore, there is a need to expand accessibility of mental health services.

Aim: The purpose of this study was to explore the adolescents' living experience related to mental health services need at schools in Jordan.

Method: A phenomenological method underpinned was used by the work of Husserl and guided by the framework offered by Giorgi.

Participants: A purposive sample of 38 adolescents took part in audio-recorded focus group interview.

Findings: There were five research questions. In the initial analysis, after 'bracketing' three essential themes emerge to describe the living experience related to mental health services at school-based: (1) Mental health difficulties, (2) Lack of support and knowledge. (3) Limited access to mental health services.

Conclusions: The finding showed that the adolescents in this study experienced many interrelated mental health problems, which need for support and knowledge. Adolescents are more likely to turn to peers than family as a source of information and support to cope with their difficulties. This study has added to the knowledge that adolescents were delayed from obtaining support as needed. Which are increasingly viewed that school as necessary in order to overcome these barriers.

Every school should promote their students' well being. Not all mental health services can be provided in the school-based. Therefore, there is a need to expand accessibility of mental health services and collaborate with outside professionals to ensure that adolescents receive the appropriate services they need.

KEYWORDS: Adolescents, Phenomenology, Husserl, Mental Health Needs, Accessibility, Mental Health Service

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