

The Impact of Community Support Organizations on Mental Health of African Women living in the UK.

Bilonda Bijoux Konzo

Student number: 2518836

Table of Content

- ✓ Prevalence
- ✓ Rationale
- ✓ Research Question, Aim and Objectives
- ✓ Impact of Research
- ✓ Reference

Prevalence of Mental Health Problem

Challenges experienced by Women in the UK related to mental health

In the UK, mental health complexities are found to be a prominent public health concern. Nearly one in every four adults experiences a mental health concern on an annual basis, as reported by national mental health statistics (Duncan et al., 2021).

Inequalities related to mental health within ethnic minority women

A study by Bansal et al.(2022) concluded that ethnic women representing minorities experience increased mental health complications that could occur based on gender discrimination, social segregation, cultural stigma, and disproportionate accessibility to healthcare services.

Mental health challenges for African Women living in the UK

In the UK, the majority of African women who live there experience stressors due to migration and settlement-related concerns (Sloane, 2023). This might be due to parting from their family members, adapting to new cultural settings, complications in attaining sustainable employment opportunities, housing-related insecurity, and language gaps (Katsampa et al.,2025).

Prevalence of Mental Health Problem

Barriers to conventional mental health services for Black African Women

Regardless of the wide range of mental healthcare services offered by the NHS for patients, the majority of African Women experience constraints while looking for professional and quality care services (Sancho and Larkin,2020).

Increased significance of Tele-Mental health platforms

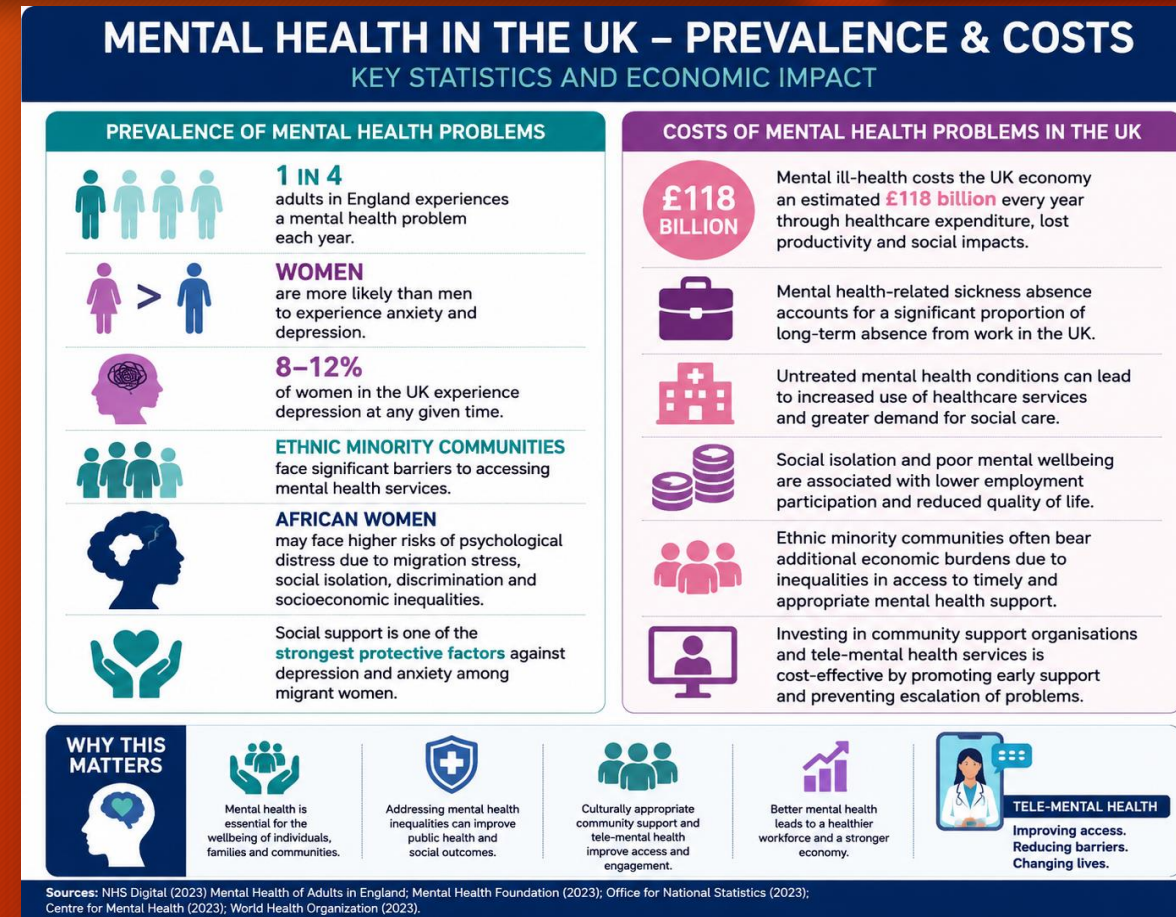
Mental healthcare services have transformed based on digital technological implications. With increased usage for tele-mental health platforms, i.e. virtual counselling services, digital therapy sessions, video consultation, etc., are being found to be relevant in increased equivalent service accessibility related to mental health (Molfenter et al.,2021).

Role of Community Support Organizations

There is a significant role for Community support organisations that value mental well-being for Black African Women residing in the UK (Ejegi-Memeh et al.,2025). . In order to broaden the scale of counselling, the majority of community support organisations have integrated tele-mental health platforms within healthcare services (Gobburi et al.,2025).

Prevalence Statistics and Cost

- Every year nearly 1 out of each 4 adults experience mental health challenge in England.
- About 8-12% of women in UK experience anxiety and depression.
- Expenses related to mental-ill health in UK are about £118 billion on annual basis.



(NHS England, 2020)

Rationale

Justifications – why this research at this point?

Mental health as a public health priority

Inequalities within mental health care for ethnic minorities remain a continued challenge in the UK within public health and social care aspects (Ghoorun and Henderson,2025). Even though considerable efforts are made for enhancing accessibility to mental healthcare, disparities continue, specifically for minority ethnic populations, i.e. Black African women, etc.

Significance of Community Support Organizations

In order to encourage mental health and social support, community support organisations are renowned for being an adequate resource. Unrelated to conventional healthcare organisations, community-oriented support corporations operationalise on the dimensions of trust, leading individuals to share their sensitive health concerns beyond fear of getting judged (Moreno-SÃ et al.,2025).

Tele-mental health platforms as a digital technology

To transform mental healthcare delivery, considerable digital technology is used in tele-mental health platforms (Abuyadek et al.,2024). These channels include services such as online therapy sessions, video-based counselling, and online well-being programs, which are offered with internet-oriented technologies (Charvát et al.,2026).

Rationale

Examples of good justifications

Advantages of Tele-mental health for African Women

The wide-scale usability of tele-mental health platforms brings a transition within the mental healthcare service aspect (De Witte et al., 2026). This technology could enable African women to attain support beyond their presence at any specific location. Additionally, it could enable the minimisation of stigma as it offers confidential accessibility for professional healthcare services.

Gaps in previous research

Regardless of ongoing interest within digital mental health interventions, there is limited research that specifically measures tele-mental health platforms' impact on mental health conditions for African women residing in the UK. Additionally, there is a lack of evidence that acknowledges how tele-mental health platforms are used by community support organisations to enhance mental well-being.

Significance of the research

This research makes a significant contribution as it addresses a considerable literature gap by investigating the combined relationship between tele-mental health platforms, community support organisations, and mental well-being for African women residing in the UK. The research findings would contribute to broader knowledge to inform policymakers, healthcare professionals, and community-oriented organisations in the UK to enhance their service delivery.

Research Question

- How are community support organisations utilising tele-mental health platforms to impact mental health and well-being for African women residing in the UK?



Research Aim and Objectives

2-4
objectives is
a good idea

This study aims to investigate the impact of community-support organisations, including tele-mental health platforms, on mental health and well-being for African women residing in the UK.

1. To measure mental health concerns as faced by African women residing in the UK.

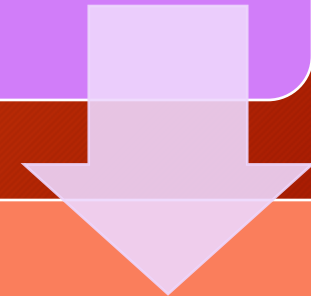
2. To identify how community support corporations in the UK aid accessibility to tele-mental health platforms, including mental health support services.

3. To evaluate the perceived impact that tele-mental health interventions impose on emotional well-being, social connectedness, including mental health results as experienced by African women in the UK.

Impact of Research

Impact on African women in the UK

By identifying how community-oriented organisations make use of tele-mental health platforms, this research recognises effective approaches in order to minimise social isolation, enhance emotional well-being, and encourage culturally-sensitive mental health assistance for African women while developing considerable confidence among minority communities residing in the UK.



Impact on public health and social care services

This research would contribute by minimising the extent of mental health disparities within ethnic minority communities. Results of this research could make considerable developments through integration of digitally-enabled mental health programs that enhance earliest interventions, timely accessibility and adequate service utilisation.

Impact of Research

Impact on health and social care professionals

Study outcomes could improve knowledge related to challenges and facilitators that impact mental health service involvement for African women. Based on this research, evidence could encourage healthcare professionals in the UK to accommodate person-centred care for African women, indicating ethnic minorities.

Impact on policy and practice

This investigation offers evidence for policymakers to reinforce community-oriented tele-mental health services and encourage their equitable accessibility to mental healthcare. Additionally, it could notify about future policies in order to minimise discrimination related to ethnic health accessibility.

Conclusion

- Research findings showcase that mental health inequalities are continually impacting African women residing in the UK, based on aspects including cultural stigma, migration-related strain, language barrier, social discrimination, etc.
- However, community support organisations play a considerable role in overcoming these barriers as they offer culturally sensitive assistance and encourage equivalent accessibility for ethnic minorities.
- The wide-scale adoption of tele-mental health platforms provides considerable opportunities that enhance equivalent accessibility to mental health services even for the underrepresented population.

References

1. Abuyadek, R.M., Esraa Abdellatif Hammouda, Ehab Elrewany, Dina Hussein Elmalawany, Rasha Ashmawy, Zeina, S., Assem Gebreal and Ramy Mohamed Ghazy (2024). Acceptability of Tele-mental Health Services Among Users: A Systematic Review and Meta-analysis. *BMC public health*, 24(1). doi:<https://doi.org/10.1186/s12889-024-18436-7>.
2. Abuyadek, R.M., Hammouda, E.A., Elrewany, E., Elmalawany, D.H., Ashmawy, R., Zeina, S., Gebreal, A. and Ghazy, R.M., 2024. Acceptability of tele-mental health services among users: a systematic review and meta-analysis. *BMC Public Health*, 24(1), p.1143.
3. Bansal, N., Karlsen, S., Sashidharan, S.P., Cohen, R., Chew-Graham, C.A. and Malpass, A. (2022). Understanding Ethnic Inequalities in Mental Healthcare in the UK: a meta-ethnography. *PLOS Medicine*, [online] 19(12), pp.1–36. doi:<https://doi.org/10.1371/journal.pmed.1004139>.
4. Bassey, A. and Zaka, R., 2024. Barriers to mental health service utilization among African immigrants in the United Kingdom: A systematic review. *Public Health Challenges*, 3(2), p.e181.
5. Bhugra, D., Wijesuriya, R., Gnanapragasam, S. and Persaud, A. (2020). Black and minority mental health in the UK: Challenges and solutions. *Forensic Science International: Mind and Law*, [online] 1, p.100036. doi:<https://doi.org/10.1016/j.fsimpl.2020.100036>.
6. Charvát, M., Jochmannová, L., Sluková, P.Z. and Viktorová, L., 2026. Transition to online psychological support–Barriers, stereotypes and challenges from the perspective of service providers. *Psychology and Psychotherapy: Theory, Research and Practice*, 99(1), pp.113-128.
7. De Witte, N.A.J., Best, P., Torous, J., Mulvenna, M., Van Assche, E., Mathiasen, K., Kleiboer, A.M., Carlbring, P. and Van Daele, T., 2026. Comprehensive Model for Mental health Access and service use (CoMMA): A process model for technology-enhanced mental healthcare. *Internet Interventions*, p.100927.
8. Duncan, F., Baskin, C., McGrath, M., Coker, J.F., Lee, C., Dykxhoorn, J., Adams, E.A., Gnani, S., Lafortune, L., Kirkbride, J.B., Kaner, E., Jones, O., Samuel, G., Walters, K., Osborn, D. and Oliver, E.J. (2021). Community interventions for improving adult mental health: mapping local policy and practice in England. *BMC Public Health*, [online] 21(1). doi:<https://doi.org/10.1186/s12889-021-11741-5>.

References

9. Ejegi-Memeh, S., Berkeley, R., Bussue, D., Mafoti, W., Mohamad, A., Myrie, U. and Samuels, S., 2025. The role of Black-led community organisations in supporting Black mental health: a Black emancipatory action research project. *Ethnicity & Health*, 30(3), pp.432-451.
10. Ghoorun, M. and Henderson, P., 2025. Barriers and challenges of people from ethnic minorities and ethnic groups accessing and using UK mental health services: a critical discussion. *MENTAL HEALTH*.
11. Gobburi, R.K., Olawade, D.B., Olatunji, G.D., Kokori, E., Aderinto, N. and David-Olawade, A.C., 2025. Telemedicine use in rural areas of the United Kingdom to improve access to healthcare facilities: A review of current evidence. *Informatics and Health*, 2(1), pp.41-48.
12. Katsampa, D., Curry, C., Weldon, E., Ghezai, H., Nyikavaranda, P., Stamatopoulou, V. and Chapman, D., 2025. Family against the odds: the psychological impact of family separation on refugee men living in the United Kingdom. *Social Sciences*, 14(3), p.159.
13. Molfenter, T., Heitkamp, T., Murphy, A.A., Tapscott, S., Behlman, S. and Cody, O.J., 2021. Use of telehealth in mental health (MH) services during and after COVID-19. *Community Mental Health Journal*, 57(7), pp.1244-1251.
14. Moreno-SÃ, P.A., Del Ser, J., Van Gils, M. and Hernesniemi, J., 2025. A design framework for operationalizing trustworthy artificial intelligence in healthcare: Requirements, tradeoffs and challenges for its clinical adoption. *Information Fusion*, p.103812.
15. Sancho, T.N. and Larkin, M., 2020. “We need to slowly break down this barrier”: understanding the barriers and facilitators that Afro-Caribbean undergraduates perceive towards accessing mental health services in the UK. *Journal of Public Mental Health*, 19(1), pp.63-81.
16. Sloane, D.Y. (2023). *The impact of UK immigration policy on Sub Saharan African women* | Blog | University of Essex. [online] www.essex.ac.uk. Available at: <https://www.essex.ac.uk/blog/posts/2023/09/19/the-impact-of-uk-immigration-policy-on-sub-saharan-african-women>.