

Mental Health Implications of Urbanization

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Abstract. This article investigates the mental health challenges associated with rapid urbanization. It examines how urban environments contribute to stress, anxiety, and other mental health disorders, particularly among vulnerable groups. The study emphasizes the importance of urban planning and policy interventions in mitigating these effects. By analyzing various urban settings, the paper offers insights into effective mental health strategies and the role of community support systems in urban areas.

Keywords: Urbanization, Mental Health, Stress, Policy, Community

Introduction

Urbanization is a defining trend of the 21st century, with significant implications for public health. As more people move to cities, the urban environment can both positively and negatively impact mental health. This paper explores the complex relationship between urbanization and mental health outcomes, highlighting factors such as housing density, green space access, and social isolation. Vulnerable populations, including the elderly and low-income residents, are particularly affected by the stressors of urban living. The paper argues for proactive urban planning and mental health policies to address these challenges. By fostering supportive community networks and ensuring equitable access to mental health resources, cities can enhance the well-being of their residents.

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References

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