

## **Mental health sources for Catholics in Marondera, Zimbabwe**

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### **Abstract**

Mental health is a neglected issue, mainly in Africa, regardless of the vast rates of mental disorders. The study aimed to explore mental health help-seeking sources for Catholics in Marondera. The qualitative approach and phenomenological design were used in this research with the use of in-depth, semi-structured interviews as data collection instruments. A sample of 20 Catholics participated in this study. In selecting the participants, a convenience sampling technique was used. Analysis of data was made by using the themes that arose from the research. The study established that there are perceived reasons that determine help-seeking behaviour, Catholics seek help from hospitals, church leaders and traditional healers and they have coping mechanisms that they resort to. The findings from this research propose opportunities for identification on how policy can improve on recognising, accommodating and addressing the mental health needs of Catholics, as well as other religious communities.