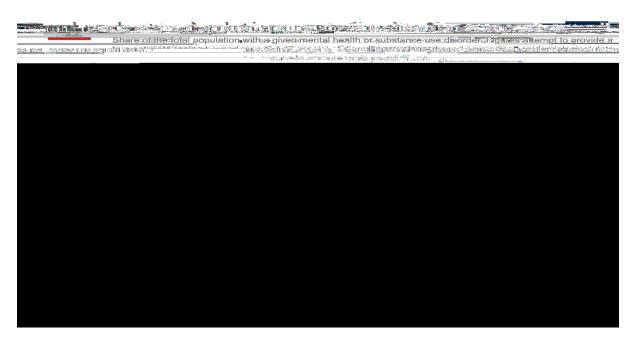
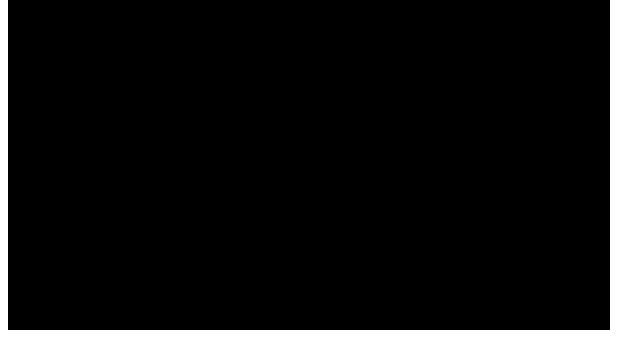
Mental heath is an issue that is barely discussed and given much consideration in the Ghanaian society and culture. Even government expenditure in mental wellbeing emphasized the issue's importance, with mental health receiving only 1.4 percent of total health expenditure (Quakyi, 2017).

Ghana has similar prevalence of mental health issues when compared to the UK with depression, anxiety disorders and alcohol use disorders being the predominant. Therefore, any policy targeting Ghanaians in the Birmingham, can primarily be centred around these conditions



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Between 2004 and 2006, a new Mental Act was created in collaboration with World Health Organization (WHO) experts and advisors from South Africa, Zimbabwe, Canada, the United States, and Switzerland (Adu-Gyamfi, 2017).