CHAPTER TOUR

Each chapter in this volume follows a consistent structure designed to support teaching, learning, and professional practice. The sections below describe the purpose and content of each structural element. A small number of chapters vary slightly from this structure where the nature of the content requires it.

Overview
A concise overview of approximately 300 words sets out the chapter's focus, significance, and key arguments. It includes at least five terms in an African language relevant to the chapter's context, which are then developed in the Key Concepts section.

Introduction
Each chapter opens with a concise introduction explaining its subject matter and significance, connecting the discussion to African experiences of mental health and situating the chapter within the broader context of the book.

Aims of the Chapter
A brief statement of aims outlines what the chapter intends to achieve and guides readers to understand how African models of mental health care such as family healing circles, indaba dialogues, and indigenous knowledge systems that offer alternatives to purely Western frameworks.

Background and Context
Each chapter provides background and context by explaining the historical, social, and cultural setting of its topic, demonstrating its importance, tracing its development in African contexts, and connecting it to global debates in social services and mental health, while citing African authors.

Key Concepts
Key concepts in African languages such as Ubuntu (humanity through others), *kwhura pfungwa* (opening the mind), *indoda kayikhali* (a man does not cry), and *kuzviuraya* (suicide) are introduced and defined in relation to mental health practice and theory, with reference to African scholarship.

Theoretical Framework
Each chapter identifies the theoretical framework underpinning its analysis, explaining how it is applied and why it is appropriate for the African context under discussion.

Key Arguments and Learnings
The chapter presents its main arguments and learnings, highlighting how African philosophies and interventions challenge Eurocentric assumptions, promote relational accountability, and centre healing within community, spirituality, and everyday life.

Expansion of Key Learnings
Case studies, community examples, and empirical evidence expand and apply the key arguments, grounding the conceptual discussion in the lived realities of African communities.

Resources for Teaching, Learning, Practice, and Research
Each chapter concludes with resources including reflective questions, suggested readings, relevant websites, community-based tools, activities, and assessment tools that encourage readers to engage further with African philosophies and models of mental health.