

**THE FOUR-TIERED HEALTH SYSTEM AND HELP-SEEKING
BEHAVIOUR OF YOUNG PEOPLE IN MUDZI DISTRICT, ZIMBABWE**

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ABSTRACT

Health service provision proved to be the responsibility of three providers—medical, traditional healers, and the church. The state of mental health in Zimbabwe is dire, with one in four mentally ill. The service provision from the medical side is in a sorry state with only nine mental hospitals with only two having psychiatrists. It was prudent to understand the help-seeking behaviour of young people concerning the various service providers. Young people cannot not seek help. The matter comes as to where they get the assistance. The church has a critical role in improving and maintaining the mental well-being of its young people. The church has instead remained divorced from the mental well-being of young people and concentrated on spirituality alone. Mudzi District proved to have a four-tiered health system instead of three—the social, medical, traditional, and spiritual.

KEYWORDS: *Health, Four-Tiered, Three-Tiered, System, Help-Seeking, Behaviour.*

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