



CITATION

Thembi Nkomo addresses the critical issue of mental illness relapse and its impact on absenteeism, teaching performance, and overall well-being. Guided by Bronfenbrenner's Ecological Systems Theory and the Stress–Vulnerability Model, she employed a mixed-methods design. She collected data through medical record reviews, teacher interviews, and analysis of school mental health policies. Her findings revealed key personal, workplace, and systemic factors triggering relapse. Based on this, she developed a multi-level intervention strategy that was validated by experts. Her study makes a meaningful contribution to occupational mental health and offers practical insights for policy and practice. She published two articles in internationally accredited journals, and she received first prize at the Three Minute Thesis competition, Faculty of Health Sciences postgraduate forum at the University of Free State.