

Research article

# Talk it: Tutorial support and mental health in higher education students

## Háblalo: acompañamiento tutorial y salud mental en estudiantes universitarios

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### Abstract:

**Introduction** in this article stated that it was born within the framework of the research project where the campaign generated: "Háblalo" for its purposes, as part of the mental health care of the students of the Metropolitan Polytechnic University of Hidalgo, from 2019 to 2023. The **methodology** used was a longitudinal study with an eight-career program generation cohort that was developed over four years. As a **discussion**, part of the campaign, all university staff were instructed to be able to listen to students with their various problems, under the assumption that active listening as first psychological help can prevent risky behaviors and attitudes. As a **result**, the study has shown that listening as a first attention involves providing practical and non-invasive help, in addition to knowing the needs and concerns of the student. Furthermore, its **conclusions** allow us to visualize new lines of research around tutoring and mental health, as well as the tutoring function as a first psychological help with active listening as a prevention and action tool.

**Keywords:** tutorships; tutorial support; mental health; university; active listening; depression; risk behaviors; suicide.

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# Tutorial Mental Health

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## Table of Contents Tutorial Mental Health

1. Understanding the eBook Tutorial Mental Health
  - The Rise of Digital Reading Tutorial Mental Health
  - Advantages of eBooks Over Traditional Books
2. Identifying Tutorial Mental Health
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Tutorial Mental Health
  - User-Friendly Interface
4. Exploring eBook Recommendations from Tutorial Mental Health
  - Personalized Recommendations
  - Tutorial Mental Health User Reviews and Ratings
  - Tutorial Mental Health and Bestseller Lists
5. Accessing Tutorial Mental Health Free and Paid eBooks
  - Tutorial Mental Health Public Domain eBooks
  - Tutorial Mental Health eBook Subscription Services
  - Tutorial Mental Health Budget-Friendly Options
6. Navigating Tutorial Mental Health eBook Formats
  - ePub, PDF, MOBI, and More
  - Tutorial Mental Health Compatibility with Devices
  - Tutorial Mental Health Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Tutorial Mental Health
  - Highlighting and Note-Taking Tutorial Mental Health
  - Interactive Elements Tutorial Mental Health
8. Staying Engaged with Tutorial Mental Health

- Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Tutorial Mental Health
9. Balancing eBooks and Physical Books Tutorial Mental Health
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Tutorial Mental Health
  10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  11. Cultivating a Reading Routine Tutorial Mental Health
    - Setting Reading Goals Tutorial Mental Health
    - Carving Out Dedicated Reading Time
  12. Sourcing Reliable Information of Tutorial Mental Health
    - Fact-Checking eBook Content of Tutorial Mental Health
    - Distinguishing Credible Sources
  13. Promoting Lifelong Learning
    - Utilizing eBooks for Skill Development
    - Exploring Educational eBooks
  14. Embracing eBook Trends
    - Integration of Multimedia Elements
    - Interactive and Gamified eBooks

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