

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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Mental Health Tutorial

Rachel S Tattersall



Mental Health Tutorial:

Unveiling the Energy of Verbal Art: An Mental Sojourn through **Mental Health Tutorial**

In a global inundated with monitors and the cacophony of immediate communication, the profound power and psychological resonance of verbal artistry often fade in to obscurity, eclipsed by the continuous barrage of sound and distractions. However, nestled within the musical pages of **Mental Health Tutorial**, a captivating function of fictional elegance that impulses with raw feelings, lies an remarkable journey waiting to be embarked upon. Written by way of a virtuoso wordsmith, that mesmerizing opus books viewers on a mental odyssey, softly revealing the latent potential and profound impact stuck within the intricate web of language. Within the heart-wrenching expanse of the evocative examination, we shall embark upon an introspective exploration of the book is central styles, dissect its fascinating writing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

https://ftp.thebrandexperience.com/files/Resources/default.aspx/Roblox_Parkour_Framework.pdf

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Mental Health Tutorial Introduction

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