

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

**B Lingard**



## **Mental Health Tutorial:**

This book delves into Mental Health Tutorial. Mental Health Tutorial is a crucial topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Mental Health Tutorial, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Mental Health Tutorial
- Chapter 2: Essential Elements of Mental Health Tutorial
- Chapter 3: Mental Health Tutorial in Everyday Life
- Chapter 4: Mental Health Tutorial in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Mental Health Tutorial. The first chapter will explore what Mental Health Tutorial is, why Mental Health Tutorial is vital, and how to effectively learn about Mental Health Tutorial.

3. In chapter 2, the author will delve into the foundational concepts of Mental Health Tutorial. This chapter will elucidate the essential principles that need to be understood to grasp Mental Health Tutorial in its entirety.

4. In chapter 3, the author will examine the practical applications of Mental Health Tutorial in daily life. This chapter will showcase real-world examples of how Mental Health Tutorial can be effectively utilized in everyday scenarios.

5. In chapter 4, this book will scrutinize the relevance of Mental Health Tutorial in specific contexts. The fourth chapter will explore how Mental Health Tutorial is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, the author will draw a conclusion about Mental Health Tutorial. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Mental Health Tutorial.

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