

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

**Tobias Bleicker**



## **Tutorial Mental Health:**

## Adopting the Track of Term: An Psychological Symphony within **Tutorial Mental Health**

In a world taken by displays and the ceaseless chatter of fast conversation, the melodic beauty and psychological symphony developed by the written term frequently diminish into the background, eclipsed by the relentless sound and disturbances that permeate our lives. Nevertheless, located within the pages of **Tutorial Mental Health** a marvelous fictional value filled with organic emotions, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, that captivating masterpiece conducts readers on a mental trip, well unraveling the concealed tunes and profound impact resonating within each cautiously crafted phrase. Within the depths of the poignant review, we can investigate the book is key harmonies, analyze their enthralling writing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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