

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

**Anthony S. Fauci**



## **Mental Health Tutorial:**

## Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **Mental Health Tutorial**

In some sort of inundated with displays and the cacophony of fast communication, the profound energy and psychological resonance of verbal artistry usually fade into obscurity, eclipsed by the regular onslaught of sound and distractions. Yet, situated within the musical pages of **Mental Health Tutorial**, a interesting work of literary brilliance that pulses with raw emotions, lies an memorable journey waiting to be embarked upon. Penned by way of a virtuoso wordsmith, that magical opus guides viewers on a psychological odyssey, gently exposing the latent possible and profound impact embedded within the complicated web of language. Within the heart-wrenching expanse of this evocative evaluation, we shall embark upon an introspective exploration of the book is key subjects, dissect its charming writing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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