

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

EW Minium



Tutorial Mental Health:

Adopting the Melody of Expression: An Emotional Symphony within **Tutorial Mental Health**

In some sort of used by monitors and the ceaseless chatter of quick conversation, the melodic beauty and psychological symphony developed by the written term usually diminish into the back ground, eclipsed by the relentless noise and disturbances that permeate our lives. However, situated within the pages of **Tutorial Mental Health** a stunning literary value filled with fresh emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, this interesting masterpiece conducts viewers on a mental trip, skillfully unraveling the hidden melodies and profound influence resonating within each cautiously constructed phrase. Within the depths with this emotional analysis, we can discover the book is main harmonies, analyze their enthralling writing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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