

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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Date Received: 27/05/2024

Acceptance Date: 17/09/2024

Date of Publication: 09/10/2024

How to cite this article:

Quiroz Fragoso, J. (2024). Talk it: Tutorial support and mental health in higher education students [Háblalo: acompañamiento tutorial y salud mental en estudiantes universitarios]. *European Public & Social Innovation Review*, 9, 1-18. <https://doi.org/10.31637/epsir-2024-1479>

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

Mark Steyvers



Tutorial Mental Health:

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

In some sort of eaten by displays and the ceaseless chatter of instantaneous conversation, the melodic splendor and psychological symphony created by the prepared word frequently diminish in to the back ground, eclipsed by the relentless noise and interruptions that permeate our lives. However, situated within the pages of **Tutorial Mental Health** a marvelous literary prize overflowing with raw feelings, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, this fascinating masterpiece conducts visitors on a mental journey, skillfully unraveling the hidden songs and profound affect resonating within each cautiously constructed phrase. Within the depths with this emotional examination, we shall explore the book is central harmonies, analyze their enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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