

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

Zhe Xu



Mental Health Tutorial:

Embracing the Tune of Phrase: An Mental Symphony within **Mental Health Tutorial**

In a global eaten by monitors and the ceaseless chatter of instantaneous communication, the melodic splendor and psychological symphony produced by the written word usually fade into the backdrop, eclipsed by the persistent sound and interruptions that permeate our lives. Nevertheless, set within the pages of **Mental Health Tutorial** a marvelous literary prize filled with fresh emotions, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, that fascinating masterpiece conducts visitors on a mental journey, skillfully unraveling the concealed tunes and profound impact resonating within each cautiously crafted phrase. Within the depths of this touching analysis, we shall explore the book is main harmonies, analyze its enthralling publishing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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