

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

**ML Yell**



## **Tutorial Mental Health:**

## Embracing the Song of Phrase: An Psychological Symphony within **Tutorial Mental Health**

In a world eaten by monitors and the ceaseless chatter of immediate conversation, the melodic beauty and emotional symphony produced by the published term frequently diminish into the background, eclipsed by the persistent sound and disturbances that permeate our lives. Nevertheless, nestled within the pages of **Tutorial Mental Health** a marvelous literary treasure overflowing with organic thoughts, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, that charming masterpiece conducts readers on an emotional trip, skillfully unraveling the hidden tunes and profound impact resonating within each carefully constructed phrase. Within the depths of this poignant review, we will investigate the book is central harmonies, analyze their enthralling writing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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