

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

**Ian Pickup**



## **Tutorial Mental Health:**

## Whispering the Secrets of Language: An Emotional Quest through **Tutorial Mental Health**

In a digitally-driven earth wherever monitors reign great and instant transmission drowns out the subtleties of language, the profound techniques and psychological subtleties concealed within words often go unheard. Yet, nestled within the pages of **Tutorial Mental Health** a fascinating literary value pulsating with organic emotions, lies an exceptional journey waiting to be undertaken. Composed by a talented wordsmith, this marvelous opus invites visitors on an introspective journey, gently unraveling the veiled truths and profound affect resonating within the very fabric of each and every word. Within the mental depths of the emotional review, we will embark upon a heartfelt exploration of the book's primary themes, dissect its charming writing type, and fail to the powerful resonance it evokes serious within the recesses of readers hearts.

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