

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

E Durkheim



Mental Health Tutorial:

Unveiling the Energy of Verbal Beauty: An Mental Sojourn through **Mental Health Tutorial**

In a world inundated with displays and the cacophony of instantaneous transmission, the profound power and psychological resonance of verbal art frequently disappear in to obscurity, eclipsed by the regular assault of sound and distractions. However, located within the lyrical pages of **Mental Health Tutorial**, a fascinating function of literary beauty that pulses with raw thoughts, lies an wonderful journey waiting to be embarked upon. Composed with a virtuoso wordsmith, that magical opus guides visitors on a mental odyssey, delicately exposing the latent potential and profound affect embedded within the elaborate web of language. Within the heart-wrenching expanse with this evocative examination, we will embark upon an introspective exploration of the book is central styles, dissect its captivating writing model, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

https://ftp.thebrandexperience.com/data/book-search/HomePages/Intermittent_Fasting_Toolkit.pdf

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