

Research article

# Talk it: Tutorial support and mental health in higher education students

## Háblalo: acompañamiento tutorial y salud mental en estudiantes universitarios

Jennifer Quiroz Fragoso<sup>1</sup> Universidad Politécnica Metropolitana de Hidalgo, Mexico.  
[jfragoso@upmh.edu.mx](mailto:jfragoso@upmh.edu.mx)

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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.

<sup>1</sup> Corresponding Author: Jennifer Quiroz Fragoso, Universidad Politécnica Metropolitana de Hidalgo (Mexico).

# Mental Health Tutorial

**Xiaolong Qi**



## **Mental Health Tutorial:**

## Whispering the Strategies of Language: An Emotional Journey through **Mental Health Tutorial**

In a digitally-driven earth where monitors reign supreme and quick conversation drowns out the subtleties of language, the profound techniques and mental nuances hidden within phrases usually go unheard. Yet, situated within the pages of **Mental Health Tutorial** a charming fictional value sporting with raw thoughts, lies a fantastic quest waiting to be undertaken. Penned by an experienced wordsmith, that charming opus invites readers on an introspective trip, softly unraveling the veiled truths and profound impact resonating within the fabric of each word. Within the psychological depths of the poignant review, we shall embark upon a honest exploration of the book is primary subjects, dissect their captivating writing fashion, and fail to the effective resonance it evokes heavy within the recesses of readers hearts.

<https://ftp.thebrandexperience.com/public/book-search/Documents/Mindfulness%20Meditation%20Framework.pdf>

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