

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

**DP Hallahan**



## **Tutorial Mental Health:**

This book delves into Tutorial Mental Health. Tutorial Mental Health is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Tutorial Mental Health, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Tutorial Mental Health
- Chapter 2: Essential Elements of Tutorial Mental Health
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- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Tutorial Mental Health. The first chapter will explore what Tutorial Mental Health is, why Tutorial Mental Health is vital, and how to effectively learn about Tutorial Mental Health.
3. In chapter 2, the author will delve into the foundational concepts of Tutorial Mental Health. The second chapter will elucidate the essential principles that must be understood to grasp Tutorial Mental Health in its entirety.
4. In chapter 3, the author will examine the practical applications of Tutorial Mental Health in daily life. The third chapter will showcase real-world examples of how Tutorial Mental Health can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Tutorial Mental Health in specific contexts. The fourth chapter will explore how Tutorial Mental Health is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Tutorial Mental Health. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Tutorial Mental Health.

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