

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

**Lauren Slater, Amy Banks, Jessica  
Henderson Daniel**



## **Mental Health Tutorial:**

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

In a digitally-driven world wherever displays reign supreme and quick connection drowns out the subtleties of language, the profound secrets and psychological subtleties hidden within words often go unheard. Yet, set within the pages of **Mental Health Tutorial** a interesting literary prize sporting with fresh emotions, lies an extraordinary quest waiting to be undertaken. Published by an experienced wordsmith, this charming opus invites viewers on an introspective trip, lightly unraveling the veiled truths and profound impact resonating within the material of each word. Within the mental depths of the emotional review, we shall embark upon a honest exploration of the book is primary styles, dissect its charming publishing style, and succumb to the strong resonance it evokes deep within the recesses of readers hearts.

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