

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

**Michael Brown**



## **Mental Health Tutorial:**

## Embracing the Track of Phrase: An Mental Symphony within **Mental Health Tutorial**

In a global eaten by displays and the ceaseless chatter of quick conversation, the melodic elegance and mental symphony created by the published word frequently fade in to the back ground, eclipsed by the persistent noise and distractions that permeate our lives. However, situated within the pages of **Mental Health Tutorial** a stunning fictional prize filled with fresh feelings, lies an immersive symphony waiting to be embraced. Crafted by a masterful musician of language, that interesting masterpiece conducts readers on a psychological trip, well unraveling the hidden songs and profound affect resonating within each carefully crafted phrase. Within the depths with this poignant evaluation, we will discover the book is central harmonies, analyze its enthralling publishing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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