

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

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Tutorial Mental Health:

Whispering the Techniques of Language: An Emotional Quest through **Tutorial Mental Health**

In a digitally-driven world where displays reign supreme and instant interaction drowns out the subtleties of language, the profound strategies and emotional nuances concealed within phrases usually get unheard. Yet, situated within the pages of **Tutorial Mental Health** a interesting fictional treasure pulsing with raw feelings, lies an exceptional journey waiting to be undertaken. Written by a skilled wordsmith, that wonderful opus invites viewers on an introspective journey, lightly unraveling the veiled truths and profound impact resonating within the very cloth of every word. Within the emotional depths with this touching evaluation, we will embark upon a honest exploration of the book is key subjects, dissect its interesting publishing fashion, and succumb to the effective resonance it evokes strong within the recesses of readers hearts.

<https://thebrandexperience.com/results/Resources/HomePages/snake%20charmer%20the.pdf>

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Tutorial Mental Health Introduction

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