

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

Debra O'Kane



Tutorial Mental Health:

Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **Tutorial Mental Health**

In a world inundated with displays and the cacophony of fast interaction, the profound power and psychological resonance of verbal artistry often diminish into obscurity, eclipsed by the constant barrage of noise and distractions. Yet, situated within the musical pages of **Tutorial Mental Health**, a fascinating work of literary splendor that pulses with organic feelings, lies an unique journey waiting to be embarked upon. Penned by a virtuoso wordsmith, this interesting opus courses readers on a mental odyssey, gently exposing the latent potential and profound impact embedded within the complicated web of language. Within the heart-wrenching expanse of this evocative evaluation, we will embark upon an introspective exploration of the book's central themes, dissect its charming writing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers' souls.

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