

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

Howard S. Adelman, Linda Taylor



Tutorial Mental Health:

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

In a digitally-driven world where monitors reign supreme and quick communication drowns out the subtleties of language, the profound strategies and mental nuances hidden within words frequently get unheard. However, situated within the pages of **Tutorial Mental Health** a fascinating fictional value pulsating with natural thoughts, lies an extraordinary journey waiting to be undertaken. Penned by an experienced wordsmith, that wonderful opus invites readers on an introspective trip, lightly unraveling the veiled truths and profound influence resonating within the material of each and every word. Within the psychological depths with this poignant review, we shall embark upon a heartfelt exploration of the book is key themes, dissect its fascinating publishing style, and succumb to the powerful resonance it evokes serious within the recesses of readers hearts.

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