

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

Michael Rajnik



Tutorial Mental Health:

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

In a world inundated with displays and the cacophony of quick connection, the profound energy and mental resonance of verbal art often diminish in to obscurity, eclipsed by the constant onslaught of noise and distractions. Yet, situated within the lyrical pages of **Tutorial Mental Health**, a captivating function of literary elegance that impulses with fresh thoughts, lies an wonderful trip waiting to be embarked upon. Penned by way of a virtuoso wordsmith, that interesting opus manuals readers on a mental odyssey, softly exposing the latent possible and profound influence stuck within the elaborate web of language. Within the heart-wrenching expanse with this evocative analysis, we shall embark upon an introspective exploration of the book is key styles, dissect its interesting publishing model, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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