

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

Wolfgang Guggemos



Tutorial Mental Health:

Enjoying the Song of Appearance: An Mental Symphony within **Tutorial Mental Health**

In a world taken by monitors and the ceaseless chatter of instant communication, the melodic splendor and psychological symphony developed by the prepared word usually disappear into the backdrop, eclipsed by the constant sound and disturbances that permeate our lives. However, located within the pages of **Tutorial Mental Health** a wonderful literary value brimming with natural thoughts, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, this captivating masterpiece conducts visitors on a psychological journey, well unraveling the hidden tunes and profound influence resonating within each carefully crafted phrase. Within the depths of the moving examination, we shall investigate the book is central harmonies, analyze its enthralling writing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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