

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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Date Received: 27/05/2024

Acceptance Date: 17/09/2024

Date of Publication: 09/10/2024

### How to cite this article:

Quiroz Fragoso, J. (2024). Talk it: Tutorial support and mental health in higher education students [Háblalo: acompañamiento tutorial y salud mental en estudiantes universitarios]. *European Public & Social Innovation Review*, 9, 1-18. <https://doi.org/10.31637/epsir-2024-1479>

### 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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# Mental Health Tutorial

**Michael Seilmaier**



## **Mental Health Tutorial:**

**The College Student's Guide to Mental Health** Mia Nosanow, 2024-02-27 Easy accessible guidance for addressing an essential element to college success mental health While being in college can be an exciting time it can also be a period of uncertainty anxiety loneliness and even depression The College Student's Guide to Mental Health is for any college student who wants to understand and maintain mental and emotional health Mia Nosanow a licensed psychologist and college therapist has drawn upon her more than twenty years of direct experience counseling a diverse college student body to write a comprehensive mental and emotional health manual designed specifically for college students Presented in clear practical language and organized in short chapters this book breaks down common problems and provides actionable strategies for addressing them Whether students want to understand challenging emotions transform negative thoughts improve relationships or explore the connection between time management and mental health these topics and more can be found in this one book a valuable tool for college students as well as the families and professionals who support them *A Practical Guide to Child and Adolescent Mental Health Screening, Evidence-based Assessment, Intervention, and Health Promotion* Bernadette Mazurek Melnyk, Pamela Lusk, 2021-10-28 This book is a thorough and relevant first step for health professionals to learn about mental health disorders among children and adolescents from diagnosis to treatment to resources and prevention Richard H Carmona MD MPH FACS 17th Surgeon General of the United States From the Foreword Updated with new research findings and best evidence based practices the third edition of this quick access guide aids practitioners in preventing screening diagnosing and managing children and adolescents who present with mental health symptoms and disorders This new edition describes key changes in the field with an emphasis on trauma and stressor related disorders cognitive behavioral therapy skills building suicidal and self harming behaviors substance abuse disorders prescribing antidepressants to youth and promoting mental health in schools New and updated screening tools instruments and interventions add to the therapeutic arsenal along with diagnostic criteria case studies and risk factors In addition this guide delivers new information on care for the caregiver and new technologies to enhance life balance The third edition continues to deliver the essential nuts and bolts of evidence based content in a practical and user friendly format Grounded in DSM V criteria and diagnoses with a holistic view of the patient this guide contains a wealth of resources including screening tools parent patient handouts and other resources to educate families about mental health disorders and ways to foster patient wellness New to the Third Edition Describes new evidence based programs to enhance mental health and well being Presents updated educational materials for families and caregivers Featured chapters Evidence based Assessment and Management of Trauma and Stressor Related Disorders Evidence based Assessment and Management of Adverse Childhood Experiences Evidence based Assessment and Management of Substance Abuse and Addiction Spectrum Evidence based Assessment and Management of Anxiety Disorders Evidence based Assessment and Management of Depressive Disorders Promoting Mental

Health in Schools Self Care for Clinicians Who Care for Children and Adolescents with Mental Health Problems Key Features Provides a tool kit for healthcare professionals to enhance care and improve outcomes Contains a variety of valid and reliable screening tools for mental health disorders in children and teens Addresses concise evidence based assessment and management guidelines Includes downloadable access to patient education handouts resources and a variety of other resources for children teens and parents

*WOMEN'S MENTAL HEALTH GUIDE* Prof. Dr. Bilal Semih Bozdemir, contemporary industrialized nations women are presented with unprecedented health prospects representing a significant improvement compared to previous historical periods However it is crucial to acknowledge that despite these advancements both intrinsic and extrinsic factors persistently exert influence on women s health The gender of women is biologically defined whereas their social and cultural position is influenced by society The issue arises precisely at this point It is noteworthy that despite the advent of the new century the prevailing disregard for the atrocities endured by marginalized groups and their corresponding acts of resistance remains a remarkable phenomenon The enduring presence of gender inequality has significant implications for individuals health and overall welfare This literary work commemorates and elucidates the topic of women s health shedding attention on the existing disparities and injustices they face The concept of health has variations across many situations Examining the mental well being of females particularly girls and women may be likened to seeing the many patterns and complexities shown by a kaleidoscope When a stencil seems motionless and pristine even a little movement causes the colors of the tinted glass to change resulting in the formation of a novel design The glass fragments retain their original form although their arrangement undergoes alterations in response to changes in viewpoint

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**A Selective Guide to Materials for Mental Health and Family Life Education** Mental Health Materials Center (U.S.),1976 530 references to current printed and audiovisual materials Intended for professional personnel with responsibilities for developing programs Sources consulted were governmental professional and commercial Emphasis on individual in the family and or community settings Broad topical arrangement under sections titled Child growth and development Adults and Areas of special concern Entries include full identifying and descriptive information including intended audience and evaluation Subject title indexes

**Where to Start** Mental Health America,2023-04-11 A comforting and useful resource for anyone who s struggling emotionally and looking for help from the nation s leading community based nonprofit dedicated to addressing the needs of

those living with mental illness It can be extremely hard to figure out what s going on in our own heads when we are suffering when we feel alone and unworthy and can t stop our self critical inner voice And it s even more difficult to know where to go for answers But this book can help Here you ll find clear honest jargon free information about all the most common mental illnesses including a first self assessment test tips on how to get help and how to talk about your mental health with friends family and medical professionals and tools for staying healthy Plus the book s accessible and reassuring information and resources are interspersed with insightful and very funny drawings by acclaimed cartoonist Gemma Correll This will be a book that you ll cherish **North Carolina Journal of Mental Health** ,1975 **The Complete Guide to Mental Health for Women** Lauren Slater, Jessica Henderson Daniel, Amy Elizabeth Banks, 2003 An indispensable home reference for women from the college years to old age The Complete Guide to Mental Health For Women is designed to help women take control of their mental health whether their concern is a specific disorder or simply the psychological stresses of a life in transition *A Career Exploration and Job Guide by Field* , [The Implementation Guide to Student Learning Supports in the Classroom and Schoolwide](#) Howard S. Adelman, Linda Taylor, 2005-07-14 An innovative guide to procedures resources and tools for closing the gap between the learning supports students need and what they are receiving now

**The School Leader's Guide to Student Learning Supports** Howard S. Adelman, Linda Taylor, 2006 Offers a broad view and a systemic approach missing from most books on school reform and improving student outcomes especially for the student who is not achieving Susan Wooley Executive Director American School Health Association I have not read any other book that is as comprehensive in explaining how the fragmentation of services limits our ability to serve children as well as provides the how to In this era of data based decision making the authors continue to present well researched material that perhaps many educators have only read about in isolation Sandra Screen Ph D Director Detroit Public Schools MI Bring new direction to programs and policies for learning supports to address barriers to student learning Barriers to learning and teaching interfere with students ability to participate effectively and benefit fully from classroom instruction and other educational activities For school improvement efforts to succeed in ways that truly improve student achievement and student test scores systemic changes must be made in how schools provide learning supports Howard S Adelman and Linda Taylor now provide this exciting new guide to student learning supports for school leaders along with a companion volume for schoolwide use offering an innovative approach to addressing barriers to learning Emphasizing an intervention framework that is comprehensive multifaceted and cohesive and offering a sophisticated approach to rethinking and facilitating systemic changes to infrastructure and policy at school and community levels The School Leader s Guide to Student Learning Supports covers strategies built on decades of research The authors provide case studies resources quizzes cartoons and more than 75 figures tables and tools for analysis and capacity building to help school leaders understand assess and remedy the gap between the learning supports students need and the learning supports they are currently receiving The unparalleled New

Directions for Student Support Initiative described in this guide has been cosponsored by more than 20 professional associations including The American School Counselor Association The American School Health Association The Collaborative for Academic Social and Emotional Learning The National Alliance of Pupil Service Organizations The National Association of School Nurses The National Association of Pupil Services Administrators The National Association of School Psychologists The National Association of Secondary School Principals The National Association of State Boards of Education The National Middle School Association The School Social Work Association of America And others **Mental Health** ,1966

Bright Futures in Practice: Practice guide Michael S. Jellinek,Bina P. Patel,Mary C. Froehle,2002 **Healthcare Guide to the Internet** ,1999 **The Physical Care of People with Mental Health Problems** Eve Collins,Mandy Drake,Maureen Deacon,2013-01-15 This accessible practical text provides mental health practitioners with the core knowledge and skills they need to be able to care effectively for the physical health of those who have been diagnosed with mental illness Linked closely to professional standards and with a clear values and evidence base the book aims to raise awareness of the physical health needs of individuals with mental health problems outline the physical health assessment process and suggest health enhancing interventions for use in clinical practice Consideration will be given to the following aspects of physical wellbeing cardiovascular health diabetes sexual health respiratory health cancer wound care substance misuse infection control medicine management Further chapters on legal and ethical issues explain the need to practise appropriately within the Mental Health Act and the Mental Capacity Act while a linking theme throughout the book stresses the importance of health promotion Backed up by case examples and with a range of reflective exercises throughout *The Physical Care of People with Mental Health Problems* is a key text for students and practitioners working in mental health services It will also be useful reading for practice nurses district nurses midwives and all allied health practitioners *Allyn and Bacon Quick Guide to the Internet for Social Work* Joanne Yaffe,Doug Gotthoffer,1999 *It'S All About You* Cynthia Rapazzini,2017-08-31 Life has many experiences for which we rejoice and celebrate Challenging situations present and sometimes the answer or solution requires a go to resource Mental health conditions and concerns are often one of the challenges we face and need information Where do you start What do you do about it Who can help When my son was diagnosed with a serious illness it was an extremely difficult time I found myself experiencing anxiety and depression that I never had before I share my story because it was real and I know others have experienced similar life changing events This book provides information regarding mental health concerns The topics covered address many concerns that affect men women and even children to include misconceptions diagnosis counseling therapy various helping professionals and their roles medication management client therapist relationship the therapy process and mental wellbeing The clinical terminology used is explained to provide understanding I provided real life situations that many will identify with or may have experienced As a result of reading this book you will gain knowledge about mental health concerns Ultimately you will be

better prepared to do further research and affectively make informed decisions regarding care for yourself or a loved one  
*AIDS Patient Care* ,1992      **Psychiatric Services** ,2008

## Decoding **Mental Health Tutorial**: Revealing the Captivating Potential of Verbal Expression

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web step 1 what you need what you need rubber bands for making the bracelets you can get at a craft store c clips or paper clips i m using c clips step 2 grab one start by getting 1 rubber band step 3 pinch pinch it together step 4 get another get another rubber band pinch it the same way step 5 pinch and place

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web jul 22 2023 step 5 stop this process when you reach your desired length of chain now put another empty rubber band through the pencils make sure you don t twist it again pull the rubber band just below it to the top of the empty rubber band similar to the previous steps attach hook between the empty rubber bands at both ends and remove the pencils

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web step 1 this is the rainbow loom kit step 2 you will need rubber bands rainbow loom crochet hook and c clips in my hand step 3 make sure the arrows are pointing up on your rainbow loom this is the way it will stay while you lay the rubber bands

on ask question step 4 now place the first color you chose on the pegs like so

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web the main materials you need to make rubber band bracelets are rubber bands these are the small elastic bands that you will weave together to form the bracelet you can find them in loom this is a plastic board with rows of pins that you will use to hold and organize the bands as you weave

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web step 1 materials you will need a rainbow loom kit rubber bands rainbow loom hook c clip or s clip step 2 making the bracelet take one rubber band and twist it around two pegs on you loom step 3 then once you have the twisted rubber band

on the pegs add two more and do not twist them step 4 the hook

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web there s an instructional video right here that will take you through the process along with a bunch of pictures to inspire creativity just as soon as you pick up the basics with these rubber band beauties you ll be bouncing back for more how to make rubber band bracelets video tutorial

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web step 1 gather materials you will need about 30 small rainbow loop rubber bands 1 c clip ask question step 2 lets get started take one rubber band and one c clip and slide both sides of the rubber band in to create an infinity like shape ask question step 3 add a

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web step 1 your material all you need to make these bracelets are 40 rubber bands 20 of each color an s or c hook and your fingers ask question step 2 the first band add a band to your index finger flip it over the put the other side on your middle finger ask question step 3 the next bands

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