

Research article

# Talk it: Tutorial support and mental health in higher education students

## Háblalo: acompañamiento tutorial y salud mental en estudiantes universitarios

Jennifer Quiroz Fragoso<sup>1</sup> Universidad Politécnica Metropolitana de Hidalgo, Mexico.  
[jfragoso@upmh.edu.mx](mailto:jfragoso@upmh.edu.mx)

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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.

<sup>1</sup> Corresponding Author: Jennifer Quiroz Fragoso, Universidad Politécnica Metropolitana de Hidalgo (Mexico).

# Tutorial Mental Health

**Rina Badenhorst**



## **Tutorial Mental Health:**

The book delves into Tutorial Mental Health. Tutorial Mental Health is a vital topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Tutorial Mental Health, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
  - Chapter 1: Introduction to Tutorial Mental Health
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  - Chapter 3: Tutorial Mental Health in Everyday Life
  - Chapter 4: Tutorial Mental Health in Specific Contexts
  - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Tutorial Mental Health. The first chapter will explore what Tutorial Mental Health is, why Tutorial Mental Health is vital, and how to effectively learn about Tutorial Mental Health.
3. In chapter 2, the author will delve into the foundational concepts of Tutorial Mental Health. This chapter will elucidate the essential principles that must be understood to grasp Tutorial Mental Health in its entirety.
4. In chapter 3, this book will examine the practical applications of Tutorial Mental Health in daily life. This chapter will showcase real-world examples of how Tutorial Mental Health can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Tutorial Mental Health in specific contexts. This chapter will explore how Tutorial Mental Health is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Tutorial Mental Health. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Tutorial Mental Health.

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