

Research article

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

Háblalo: acompañamiento tutorial y salud mental en estudiantes universitarios

Jennifer Quiroz Fragoso¹ Universidad Politécnica Metropolitana de Hidalgo, Mexico.
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.

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

Mental Health Tutorial

Xiaolong Qi



Mental Health Tutorial:

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

In a global consumed by screens and the ceaseless chatter of immediate conversation, the melodic splendor and mental symphony created by the prepared term often diminish in to the background, eclipsed by the constant noise and disturbances that permeate our lives. However, nestled within the pages of **Mental Health Tutorial** a charming fictional prize overflowing with raw emotions, lies an immersive symphony waiting to be embraced. Constructed by a wonderful composer of language, this fascinating masterpiece conducts viewers on an emotional trip, well unraveling the hidden tunes and profound influence resonating within each cautiously constructed phrase. Within the depths of the poignant assessment, we will investigate the book is key harmonies, analyze its enthralling writing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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