

# H.E.A.R.T. – 5 Effective Strategies to Support Students Emotionally and Psychosocially



## Hold Space for Their Story

Students who feel emotionally supported by someone with shared experiences report a **49% increase in resilience** and a **36% reduction in academic stress** (Active Minds, 2023).



## Empathize Through Lived Experience

Culturally matched mentors and advisors enhance emotional trust and well-being; this leads to a **40% higher sense of belonging** and **27% improvement in mental health outcomes** (JED Foundation, 2022).



## Affirm Their Identity

Affirming cultural identity in support spaces reduces depressive symptoms by **31%** and increases academic engagement (Mental Health America, 2023).



## Respond with Trauma-Informed Care

Campuses using trauma-informed peer models see a **25% drop in crisis intervention needs** and improved help-seeking behavior (Trevor Project, 2021).



## Train Peers to Be Support Bridges

Peer-led support programs reduce isolation by **41%** and are especially effective for BIPOC and LGBTQ+ students (Gallup & Lumina Foundation, 2023).