



an empathetic ear for students everywhere

Aastha Dharia · Aria Thakore

Sheily Shah · Swathi Sampath

our team



Swathi Sampath
Analytics Lead
Public Health
Applied Statistics



Aria Thakore
Co-CEO
Biomedical Engineering
Multidisciplinary
Design



Aastha Dharia
Co-CEO
Neuroscience
Sociology of Health
& Medicine



Sheily Shah
Technical Lead
Computer Science

our story

4 students. 3 schools. 2 dorms. **1 observation.**



the three needs

- ① Students want someone who will just listen.
- ② Students want to be there for one another.
- ③ Students struggle to prioritize their own wellbeing.

our solution



hEART

a peer support chat application.

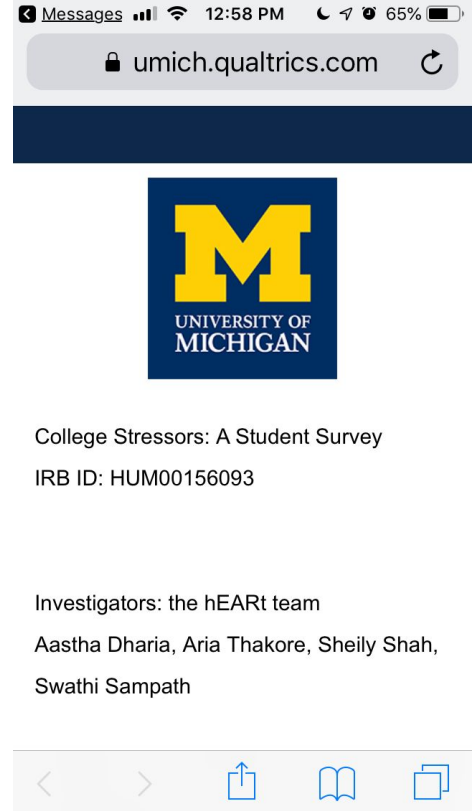
plans for the year

- Gathering data
- Training lesson plans
- Pilot mapping
- Wireframes



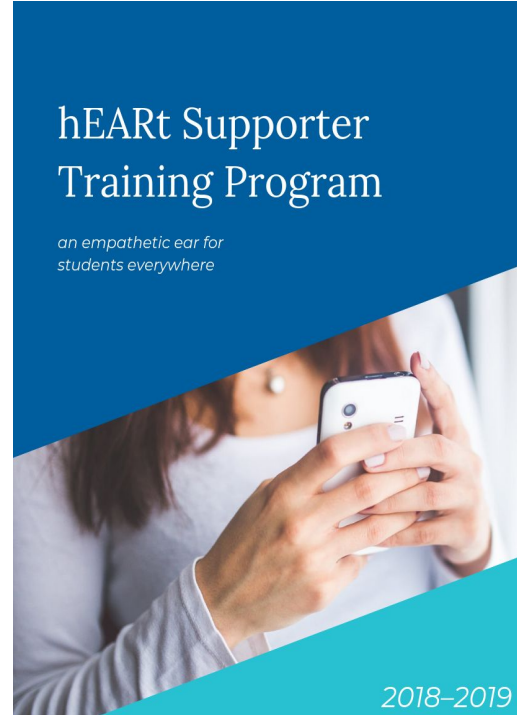
gathering data

- Applied for and received IRB exemption
- Assessed student stressors



building our training

- Mental health education
- Coping mechanisms
- Peer support techniques
- Supporter role plays
- Peer supporter self care
- hEARt Peer Supporter requirements
- hEARt background/app usage



our pilots

March 2019



high school **workshops**

- Learning outcomes
- Lesson plans
- Teaching materials
- Worksheets & handouts
- Assessments
- Accessibility considerations


Name: _____ Date: _____
Hour: _____

hEART Workshop: Day 1

CHALLENGE ACTIVITY

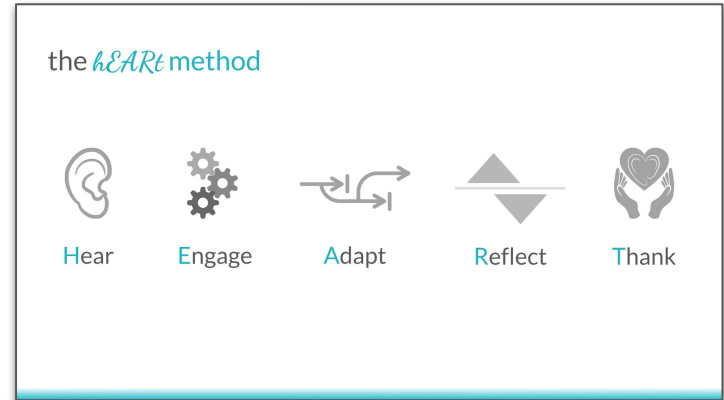
Step 1
How could [blank] be a challenge to maintaining positive mental health? What does someone experiencing [blank] feel like...
...Emotionally?
...Physically?
...Mentally?
How could it change someone's life- their daily habits, their relationship with others?
Brainstorm these questions with your group! Write down a few bullet points to summarize your thoughts.

Step 2
Draw something that represents your topic on one of the big poster sheets. It can be something you think of when you hear [blank], or a person experiencing [blank], or something that someone experiencing [blank] might go through. It's up to you and your group to choose what to represent!



discussion norms

- 1 Challenge the idea or argument, not the person.
- 2 Keep things confidential.
- 3 Avoid assumptions; ask questions!
- 4 Be an active listener.
- 5 Be an active participant.
- 6 Share the floor.
- 7 Acknowledge the difference between intent and impact.
- 8 Embrace discomfort, but acknowledge distress.



our MVP



Google Voice



qualtrics.

hEARt & MLibrary

- IRB guidance
- Library resource advice
- Learning outcomes review
- Training materials review
- Assessment feedback



*Thank You,
Alex!*

our mission

Connect students
who want to talk....



...with students
who want to listen.

Thank you.