

$\overrightarrow{\psi_\delta(t) E_t h} \approx \overleftarrow{\psi_\Delta(t) E_t h}$ No style change
without amsmath

$\underrightarrow{\psi_\delta(t) E_t h} \simeq \underleftarrow{\psi_\Delta(t) E_t h}$ Needs amsmath

$\overleftarrow{\psi_\delta(t) E_t h} \sim \overrightarrow{\psi_\Delta(t) E_t h}$ Needs amsmath