

January 18, 2024

Honorable Chair Terry Roy  
House Criminal Justice and Public Safety Committee  
Legislative Office Building Room 202-204  
33 N State St., Concord, NH 03301

RE: NAMI NH Opposition to HB 1011

Dear Chairman Roy and Committee Members:

Thank you for the opportunity to testify today. My name is Sam Hawkins, and I am the Public Policy Assistant at NAMI NH, the National Alliance on Mental Illness. NAMI NH is a non-profit, grassroots organization whose mission is to improve the lives of all people impacted by mental illness and suicide through support, education, and advocacy. On behalf of NAMI NH, I am here today to speak in opposition to HB 1011, relative to prohibiting male genital mutilation.

**NAMI NH believes that all people should be treated with respect and dignity, and should have access to mental and physical health care free from interference.** Largely due to how they are mistreated and stigmatized in society, LGBTQ+ individuals, especially those who are transgender or nonbinary, are often at an elevated risk for experiencing anxiety and depression and are more likely to consider and attempt suicide than their heterosexual or cisgender peers. In the 2023 U.S. National Survey on the Mental Health of LGBTQ Young People from the Trevor Project, 67% of respondents reported experiencing symptoms of anxiety, and 54% reported experiencing symptoms of depression. In addition, 41% reported seriously considering suicide, and 14% attempted suicide.<sup>1</sup>

Among several other tools and interventions, gender-affirming healthcare is one important way we can improve mental health outcomes for transgender and nonbinary youth. Research shows that gender-affirming treatment, including puberty blockers and hormone treatment, has a significant association with lowered odds of depression and suicidality.<sup>2</sup>

---


<sup>1</sup>2023 U.S. National Survey on the Mental Health of LGBTQ Young People, The Trevor Project (2023)

<sup>2</sup>Tordoff DM, Wanta JW, Collin A, Stepney C, Inwards-Breland DJ, Ahrens K. Mental Health Outcomes in Transgender and Nonbinary Youths Receiving Gender-Affirming Care. *JAMA Netw Open.* 2022;5(2):e220978. doi:10.1001/jamanetworkopen.2022.0978

Our policies should prioritize improving mental health outcomes, rather than restricting access to care.

HB 1011, through criminalizing gender-affirming treatments, including puberty blockers and hormone treatments, for an entire segment of the youth population in our state, would eliminate access to vital services that would directly better the lives of transgender and nonbinary youth. For these reasons, NAMI NH urges the committee to vote Inexpedient to Legislate for HB 1011.

Sincerely,

A handwritten signature in cursive script that reads "Samuel C. Hawkins". The signature is written in black ink and is positioned above the printed name.

Samuel C. Hawkins

*Find Help, Find Hope.*

NAMI New Hampshire • 85 North State Street • Concord, NH 03301  
InfoLine: 800-242-6264 • Tel. 603-225-5359 • Fax 603-228-8848 • [info@naminh.org](mailto:info@naminh.org) / [www.NAMINH.org](http://www.NAMINH.org)