



National Alliance on Mental Illness

NAMI | New Hampshire

January 30, 2024

Honorable Chair Ruth Ward
Senate Education Committee
Legislative Office Building Room 101
33 N State St., Concord, NH 03301

RE: NAMI NH Opposition to SB 375

Dear Chairman Ward and Committee Members:

Thank you for the opportunity to testify today. My name is Holly Stevens, and I am the Director of Public Policy 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 SB 375, relative to biological sex in student athletics.

NAMI NH believes that freedom from stigma and discrimination is crucial to mental wellness. Acceptance and support within one's community plays a key role in the mental health of all people, including trans and nonbinary youth. Team sports especially can offer an affirming environment where youth can further connect with their peers and community. SB 375 would limit access to these affirming spaces and activities and further damaging stigma for transgender and nonbinary youth, putting their mental health at risk.

Further, I want to emphasize that considering discriminatory policies is damaging, whether or not they pass into law. According to the Trevor Project, in 2023, "nearly 1 in 3 LGBTQ young people said that due to anti-LGBTQ policies and legislation, their mental was poor either always or most of the time." It is crucial that our policies promote mental wellness and create accepting, affirming environments. For these reasons, NAMI NH urges the committee to vote Inexpedient to Legislate for SB375.

Sincerely,

Holly A. Stevens, Esq.

Find Help, Find Hope.

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