



National Alliance on Mental Illness

# NAMI | New Hampshire

April 22, 2024

Honorable Chairman Rick Ladd  
House Education Committee  
Legislative Office Building Room 205-207  
33 N State St., Concord, NH 03301

RE: NAMI NH Opposition to SB 375

Dear Chairman Ladd 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 SB 375, relative to biological sex in student athletics.

NAMI NH believes that freedom from stigma and discrimination is crucial to mental wellness. In part, our mental health reflects our environments: who and what we interact with, how we are treated, and whether we can live as our authentic selves. Acceptance and support within one's community plays a key role in mental health. As such, it should be our priority to ensure that everyone within our communities is accepted and able to live fully in accordance with their identities, free from stigma and discrimination. This is crucial to all aspects of life: at home, at work or school, and in one's interests, including athletics, where individuals, in this case youth, learn to express themselves and connect with their peers and community. SB 375 furthers damaging stigma for transgender youth and limits access to affirming environments by prohibiting girls from participating in girls' sports, putting their mental health at risk. It is crucial that our policies promote mental wellness and create accepting, affirming environments, rather than limit them. For these reasons, NAMI NH urges the committee to vote ITL for SB 375.

Sincerely,

Samuel C. Hawkins

*Find Help, Find Hope.*

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