



March 4, 2025

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 211

Chair Ward and Committee Members:

Thank you for the opportunity to submit written testimony. My name is Sam Hawkins, and I am representing NAMI New Hampshire, 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 writing in opposition to SB 211, relative to biological sex in student athletics.

As an organization committed to preventing suicide and promoting the mental wellness of all Granite Staters, NAMI NH is deeply concerned about the harmful impacts that discrimination in all forms has upon mental health. Research consistently demonstrates that experiencing discrimination has a negative effect on mental health and increases the risk of suicide. With this in mind, NAMI NH believes that stigma and discrimination, in all forms, jeopardizes mental health and wellness not just for the individual, but throughout the entire community. As such, NAMI NH is firm in its opposition to any policies that further stigma and enable discrimination.

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 identity, free from stigma and discrimination. This is crucial to all aspects of life: at home, at work or school, and in one's interests. This includes athletics, where individuals, in this case youth, learn to express themselves and connect with their peers and community.

*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)

Resulting from experiences with discrimination, stigma, and exclusion, transgender and nonbinary youth often experience negative mental health outcomes. SB 211 further jeopardizes the mental health of our trans and nonbinary youth by perpetuating damaging stigma and eliminating affirming environments. All Granite Staters deserve to live full, healthy, safe lives, as who they truly are, alongside their neighbors, within their community. For these reasons, NAMI NH urges the committee to vote Inexpedient to Legislate for SB 211.

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