



NAMI New Hampshire

January 21, 2026

Honorable Chairman John Hunt
House Commerce and Consumer Affairs Committee
Granite Place Room 229
1 Granite Pl, Concord, NH 03301

RE: NAMI NH Support for HB 1812

Chairman Hunt and Committee Members:

On behalf of NAMI NH, the National Alliance on Mental Illness, I write in support of HB 1812, requiring periodic evaluation of mental health access adequacy by an independent third party.

In the course of our work, NAMI NH volunteers and staff have had countless conversations with individuals and families urgently seeking mental health or substance use disorder treatment, but who are unable to access it. Access to appropriate, affordable mental health care within one's community is a pervasive challenge in New Hampshire.

In New Hampshire, 71,000 adults reported needing mental health treatment but not receiving it, with cost as a prevailing factor in not receiving treatment, according to data from 2018-2019. Additionally, Granite Staters are four times as likely to be forced out of network for mental health care than primary care.¹

Though the factors impacting mental health access in this state are complex, one key issue impacting statewide access is that of "Ghost Networks," which occur when a health plan's provider directory contains significant errors and incorrect information. Ghost networks result in people seeking care finding that there are no providers in their area accepting new patients or their insurance plan. In this instance, a health plan's network may appear adequate, but is practically nonexistent. For consumers, this often means having to go out of network for care, greatly increasing cost, or delaying care all together, leading to poor health outcomes and crisis.

New Hampshire has a strong history of working to improve access to and coverage of mental health treatments throughout the state, with extensive rules and regulations regarding network adequacy. However, these standards alone are insufficient to assess and correct the state's network access issue.

Find Help, Find Hope.

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In addition to these standards, New Hampshire needs practical and actionable mechanisms to assess networks and correct them where they are inadequate or nonexistent so that people can get the help they need when and where they need it. HB 1812 provides mechanisms for getting us closer to this important goal, and as such, NAMI NH urges the committee to recommend Ought to Pass for HB 1812.

Sincerely,

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

Sam Hawkins