



NAMI New Hampshire

January 14, 2026

Honorable Chairman David Rochefort
Senate Health and Human Services Committee
State House Room 103
107 N Main St., Concord, NH 03301

RE: NAMI NH Opposition to SB 615

Chairman Rochefort and Committee Members:

On behalf of NAMI NH, the National Alliance on Mental Illness, I write in opposition to SB 615, relative to the use and regulation of EBT cards and SNAP eligibility.

Food security, as an essential social determinant of health, is critical to supporting the mental health of individuals and families and to avoid poor health outcomes and chronic illness. Indeed, a person's access to food can impact and be impacted by one's mental health, as the symptoms of a mental health condition can impact eating habits and hinder one's ability to access or afford groceries, and the stress and anxiety of food insecurity can contribute to poor mental health. Research has found that adults living with a mental health disability are up to five times more likely to live in a household that is food insecure.¹

With this in mind, food assistance programs, such as the Supplemental Nutrition Assistance Program (SNAP) can help foster and support quality mental health. Research shows that SNAP benefits can significantly decrease psychological distress among participating households.² In turn, we believe that this improved mental health can help people continue in their recovery and address factors contributing to their need for those benefits.

As such, NAMI NH stands in opposition to policies that limit access to assistance programs such as SNAP. SB 615, by removing the state's ability to grant categorical eligibility or provide flexibility in work requirements and asset standards, will make it more difficult for individuals and their families to access necessary benefits and limits our capacity to tailor our policies in response to the unique needs of Granite Staters.

Find Help, Find Hope.

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Our policies should promote access and dignity for families in need of support so that they can get well, stay well, and thrive. The policies in SB 615 stand contrary to these goals. For this reason, NAMI NH urges the committee to recommend inexpedient to legislate for SB 615.

Sincerely,

A handwritten signature in cursive script, reading "Sam Hawkins".

Sam Hawkins

¹*Adults With Disabilities, Especially Mental Health Disabilities, Are at a Higher Risk for Food Insecurity*, US Department of Agriculture (2017)

²*Association of Participation in the Supplemental Nutrition Assistance Program and Psychological Distress*, Oddo VM, Mabli J., American Journal of Public Health (2015)