

February 20, 2026

Honorable Chairman Bob Lynn
House Judiciary Committee
Granite Place Room 230
1 Granite Pl, Concord, NH 03301

RE: NAMI NH Opposition to Harmful Legislation Impacting LGBTQ+ Granite Staters

Chairman Lynn and Committee Members:

On behalf of NAMI NH, the National Alliance on Mental Illness, I write in opposition to all legislation that the committee will consider that would remove protections from discrimination and negatively impact the mental health and wellness of LGBTQ+ Granite Staters and their families, including HB 1217, HB 1299, HB 1442, HB 1447, and HB 1564.

As an organization committed to strengthening and protecting mental health and preventing suicide, NAMI NH is gravely concerned by the harmful impacts of discrimination upon mental health. Research consistently demonstrates that experiences with stigma and discrimination have a negative effect on mental health and help-seeking and increases the risk of suicide in affected communities. The impacts of stigma and discrimination are pervasive, jeopardizing mental health and wellness not just for the individual, but throughout an entire community. For transgender and nonbinary people specifically, these challenges have been shown to contribute to higher rates of negative mental health outcomes, including increased occurrences of suicidality. A 2024 study showed that 68% of transgender and nonbinary young people in New Hampshire reported experiencing symptoms of anxiety, 44% experienced depression, and 40% seriously considered attempting suicide.¹

It is important to reiterate that there is nothing inherent about one's status as a transgender or nonbinary person that contributes to poor mental health outcomes – rather, we firmly believe that these outcomes primarily result from experiences with stigma and discrimination and being unable to receive necessary care and supports. In the aforementioned study, 89% of LGBTQ+ young people reported that politics negatively impacted their well-being, and 31% reported that they or their family have considered leaving New Hampshire because of LGBTQ+-related politics.¹

HB 1217, HB 1299, HB 1442, and HB 1447 contain certain differences from each other, but are nearly identical in intention and impact. With these policies in place, transgender and nonbinary Granite Staters would be exposed to discrimination - in their communities, at work, in treatment,

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in recreation, and beyond. However, both HB 1442 and HB 1447 go a step further by not only allowing but requiring public buildings to incorporate the harmful sex-based classification policies contained within these bills. This would have a chilling effect on not only transgender and nonbinary people themselves, but also their families, their loved ones, and the communities they have found and formed in our state.

These four bills not only share similarities to each other, but a litany of other legislation filed here in New Hampshire over the past several years – legislation that has been firmly rejected by the state’s citizens and leadership. Similar bills have been vetoed by former NH Governor Chris Sununu and twice by sitting Governor Kelly Ayotte, as recently as just earlier this month. New Hampshire has a long history of fiercely protecting the rights of its residents. All Granite Staters deserve to live full, healthy, safe lives within their community, an ideal which has been continuously affirmed and protected by advocates, community members, and state leaders alike.

With the harmful impacts of discrimination in mind, HB 1564 presents significant risks to the state as a whole. By removing all references to gender identity from our state laws, this bill completely strips away legal protections from discrimination transgender and nonbinary Granite Staters. Should this bill pass, residents of New Hampshire will be faced with discrimination in housing, employment, healthcare, and more with no recourse, greatly impacting their health and wellness.

LGBTQ+ young people report lower rates of attempting suicide when they have access to affirming spaces and communities.¹ It is critical that public policies and laws focus on practices that improve mental health outcomes for all transgender and nonbinary individuals. However, the previously discussed bills and several others introduced in this state work in direct opposition to that goal. For these reasons, NAMI NH urges the committee to support Granite Staters by opposing harmful legislation enabling discrimination and negatively impacting mental health.

Sincerely,



Sam Hawkins

¹2024 Survey on the Mental Health of LGBTQ+ Young People in New Hampshire, The Trevor Project

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