



new hampshire

# WOMEN'S FOUNDATION

*The New Hampshire Women's Foundation invests in equality and opportunity for New Hampshire women and girls through research, education, advocacy, and grantmaking.*

**To: Chairman Rick Ladd and members of the House Education Committee**  
**Re: Testimony for SB 234, requiring student identification cards to include the National Suicide Prevention Life- line**  
**Date: April 6, 2022**  
**Position: Ought to pass**

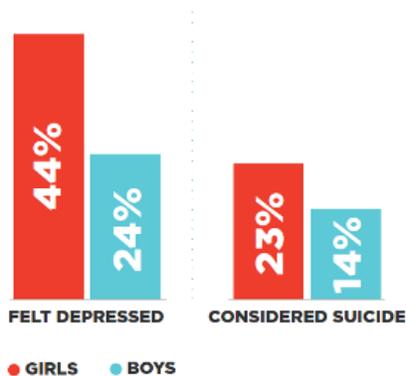
We respectfully encourage the Committee to recommend SB 234 Ought to Pass because the addition of the National Suicide Prevention Life-line to student ID cards will save lives, and girls, in particular, will be supported with this addition because girls have higher rates of depression, higher rates of considering suicide, and higher rates of making a plan to attempt suicide than their male peers.

## Girls' Mental Health

New Hampshire girls are more likely to suffer from poor mental health than boys.<sup>1</sup> Girls living in the Winnepesaukee and Greater Sullivan regions have the greatest depression and suicide consideration rates.<sup>2</sup> Certain groups of girls of color are more likely to feel depressed and to consider suicide.<sup>3</sup> Teens with poor mental health are at increased risk of a myriad of adverse effects such as drug or substance use, poor academic performance, and low self-esteem.<sup>4</sup>

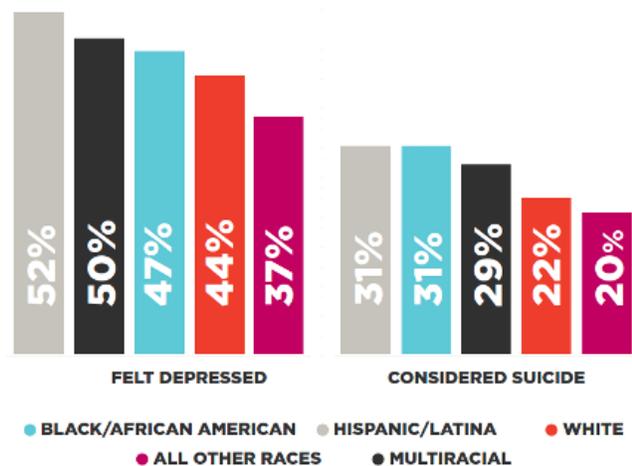
### DEPRESSION AND SUICIDE CONSIDERATION BY GENDER

New Hampshire Department of Health Youth Risk Behavior Survey 2019, Question 25 & 26.



### GIRLS DEPRESSION AND SUICIDE CONSIDERATION BY RACE AND ETHNICITY

New Hampshire Department of Education, Youth Risk Behavior Survey, 2019, Question 25 & 26.



<sup>1,2,3</sup> New Hampshire Department of Education. "Youth Risk Behavior Survey. Question 25 & 26." 2019.

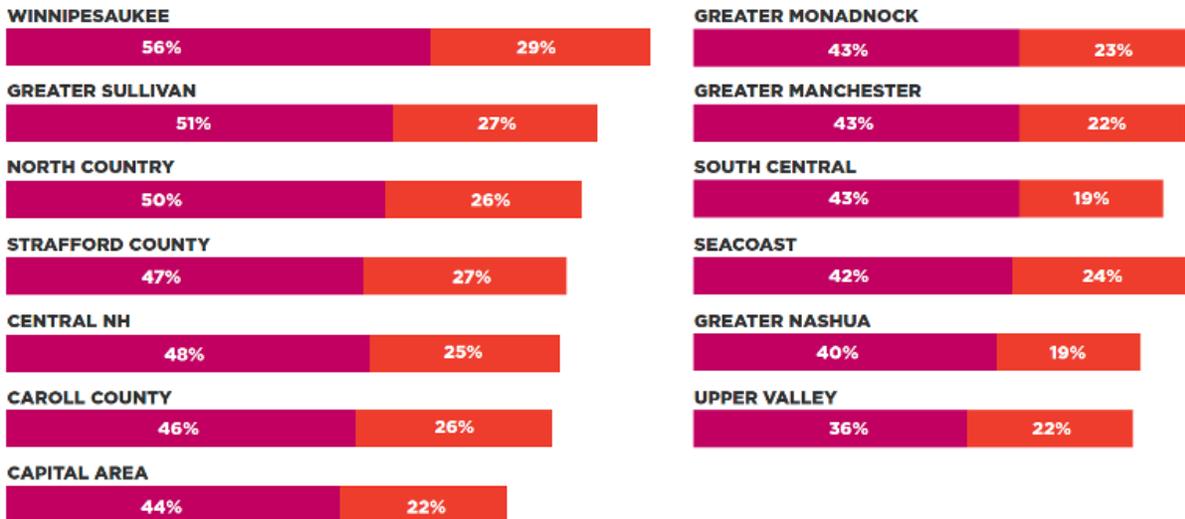
<sup>4</sup> World Health Organization. "Adolescent Mental Health."

2020. <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>.

## GIRLS DEPRESSION AND SUICIDE CONSIDERATION BY REGION

New Hampshire Department of Health and Human Services, Youth Risk Behavior Survey 2019, Question 25 & 26.

● FELT DEPRESSED ● CONSIDERED SUICIDE



These numbers are from 2019 — before the pandemic, when youth were frequently learning from home and isolated from their peers. We anticipate these rates to increase once we have data for 2020 and 2021. Any effort to give youth the resources they need to support their mental health, and, in the case of the Suicide Prevention Lifeline, to save their lives, is a good one. This may seem like a small change, but for some, it may make all the difference in the world.

### Conclusion

Knowledge of and access to a support like the National Suicide Prevention Lifeline can save the lives of youth, particularly girls, girls of color, and girls in certain rural areas of the state, who have very high rates of depression and considering suicide. We respectfully urge the Committee to recommend SB 234 Ought to Pass.