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Im speaking today in support of HB377.

I was diagnosed bipolar disorder when i was 18. Ive spent 22 years living with mental illness and working to help erase the stigma, and working hard to build a life thats fulfilling, meaningful, but also based in reality .

Spending 2 decades deep in the mental health space, I can tell you there are No other mental health conditions where we allow the patient to dictate the standard of care.

Gender Dysphoria, whether people like it or not, is a mental health condition. And should be treated as such.

I think back to the few times in my life I have been suicidal. What would've happened if I had gone into my doctors office and said, I no longer want to live, this is my truth, I know my mind better than you and this is the answer, and the doctor follow MY dictated treatment plan?

I know many people have come down on state reps, saying they have no business legislating standards of care. But I would ask those people to realize this is something thats happened for decades and for good reason.

Having been hospitalized, I am unable to purchase a firearm. Now is that because legislators think im Cuckoo for cocoa puffs? Or is it because they understand that someone with my history of mental illness sometimes needs to be protected from the deception and delusion that bipolar disorder creates in my mind?

I personally believe its the latter.

Before 2014ish, the standard protocol for gender dysphoria was watchful waiting. And in over 60%-80% of the cases, once puberty was established and these kids were able to explore who they were, through therapy and other means, the gender dysphoria resolved on its own.

In the state of NH we do not allow children to get tattoos, buy cigarettes and alcohol. We have these laws because the adults know that children ultimately cannot process or fully comprehend the consequences of their actions. We have those laws in place to protect children. And HB 377 in

my opinion falls in line with NH strong history of airing on the side of caution when it comes to the protection of children.

With the findings of the CASS report and WPATH files, every other country has paused this standard of care and We have the medical evidence to back up the plethora of reasons that we need to follow suit. And I ask you to vote Ought to pass on this bill so that we can follow the science and help protect these children. Thank You