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Testimony of State Representative John Hampton, 16th District, in Support of:

HB 6276 AN ACT CONCERNING TRAINING FOR HEALTH CARE
PROFESSIONALS IN YOUTH SUICIDE PREVENTION

Public Health Committee Public Hearing
Wednesday, March 4 2015

Chairman Ritter, Chairman Gerratana, Members of the Public Health Committee, for the record my name is John Hampton, State Representative for Simsbury's 16th District and I am here to testify in support of HB 6276 AN ACT CONCERNING TRAINING FOR HEALTH CARE PROFESSIONALS IN YOUTH SUICIDE PREVENTION.

I'm sure everyone here today may know someone or friend or family member who has been affected personally by teen suicide. The most current "effective suicide prevention programs equip mental health professionals and other community educators and leaders with sufficient resources to recognize who is at risk and who has access to mental health care".

It is my belief that we need to expand this to all health professionals and community leaders. Depression and emotional distress are two of the major signs that suicidal people exhibit and only 300,000 out of the 1 million teenagers who committed suicide in 2003 were being treated for their attempt. Less than one and three were receiving help. Suicide is now the eight-leading cause of death in the U.S and the third-leading cause of death for young people between the ages of 15 and 24 years old. The National Alliance of Mental Illness warns us not to automatically assume that someone who was considering suicide and is now in treatment or tells you that they are feeling better have actually improved. Teenagers who have followed through with committing suicide do so just as they seem to be getting healthier.

It is for these reasons that I strongly support this bill and believe that with more health care professionals trained to see the signs of suicide, more teenagers can receive help and more suicides can be prevented both in the early years of life and as an adult.

Thank you again for the opportunity to submit written testimony here today and I strongly urge passage of this bill. I would be glad to answer any question committee members may have.

Respectfully submitted,

John K. Hampton