

Submitter: Joshua Dixon

On Behalf Of:

Committee: House Committee On Behavioral Health and Health Care

Measure: HB2757

Hi,

my name is Joshua, I am a suicide survivor of two attempts. Suicide prevention and creating conversations of inclusivity means the world to me as I know exactly what it's like to feel so alone, helpless, isolated, and hopeless. Then later believe my thought about my existence is true and that maybe I shouldn't be in this world. The National Hotline for Suicide Prevention has saved my life on several occasions. There have been days when I just didn't want to be alone as I didn't feel safe by myself. I texted the hotline and received a response within a minute or so. She comforted me and even though she didn't know me, she cared and listened, she asked about my life and why was I feeling the way I felt about my life. She assured me that I was doing my best and that I shouldn't be so hard on myself, that I deserve to be in this world regardless of what people said about me. She made me feel real and that my story matters. She saved my life that night and directed me to resources that can help me such as counseling and local places with support groups.

Over 45,000+ Americans lost their lives to suicide in 2020, and I was one crash away from being one of them. By providing funding to these mental health crisis resources. We are collectively saving lives like mines and yours. We have to make sure that people know that together we can see that tomorrow is worth fighting for. That we can get through the pain and heal. All they need to know is that help is available and real.