

Submitter:

Kali McGrauth

On Behalf Of:

Committee:

House Committee On Rules

Measure, Appointment or Topic:

HB3643

Mikey was everyone's type of person. Her death shattered the hearts of most of my school. Never have I ever seen 50 + people gather together, hold one another, cry together, and support each other. Suicide is always awful, but when it's amongst the youth it seems to hurt just a bit more. As a teen suicide survivor myself, I understand where how easy it is to just want to give up. The amount of times I've sat alone, suffering in silence because I didn't think anyone would understand me. It took a long time but I finally asked for help, and I made it out alive. Unfortunately, Mikey didn't. The teen suicide rate is only getting higher and higher. Having October 9th as a day where people can really think about youth suicide would mean the world to me. Even if it's just a single day, that is a whole 24 hours where people will reach out to one another, they will tell each other that they love one another, they will check in on our people. Oregon Youth Suicide Awareness day is a necessity in my book. No one is alone!! Let's spread the message! Thank you for your time.