

Submitter: Lisa Headings

On Behalf Of:

Committee: House Committee On Behavioral Health and Health Care

Measure: HB2458

As a mental health professional, I support HB2458. Conversion therapy is rooted in both misinformation and disinformation about the LGBTQ community. It is a dangerous process that can lead to a host of mental health concerns including damaged self-esteem, shame, anxiety, and suicidal ideation, attempts, and/or completion. Questioning an aspect or aspects of oneself is a common part of human development. Some of us may only question things like what interests and passions we want to pursue while others of us experience identity discomfort on a deeper level. Youth that question their gender or sexual identity should be allowed the same level of dignity, kindness, support, and resources to explore those issues as would be offered to someone who is deciding on a career path.