

Submitter: Lacie Renae Moore

On Behalf Of:

Committee: House Committee On Rules

Measure, Appointment or Topic: HB3643

I self published a book on this subject. Because it is dear to my heart. I almost take it personally everytime we lose someone to suicide. I feel a personal responsibility to speak on this topic. I am a survivor of serious trauma. I have seizure's now from head trauma. Triggered by stress. I cry so hard when people give up on themselves that it causes seizure's. My trauma causes hard days , headaches , processing deep emotion.

I enjoy life. I've done many things to try to push through and find normal. I hope to help speak up on simple ways to get through the day and fight through negative energy that trys to take over my body. I fight hard to face fears to take control back over my body to stop allowing the negativity to effect my life. I love people and feel i understand people. We need to help break things down. Simplify our thoughts and daily habits to retrain , rewire ourselves to self love instesd of self sabotage. Feel the control you can have. Let yourself have a hard day and have a routine set up to help yourself get through it.