

Submitter: Carson Lydon

On Behalf Of:

Committee: House Committee On Rules

Measure, Appointment or Topic: HB3643

Dear Representative Ben Bowman, members of the House Committee on Rules, and esteemed legislators,

My name is Carson Lydon, and I am writing today in support of HB3643, which designates October 9th as Oregon Youth Suicide Awareness Day.

As the Founder and President of A World Free of Suicide, a 501(c)(3) non-profit organization committed to mental health education, advocacy, and the reduction of mental health stigma, I have witnessed firsthand the profound impact youth suicide has on families, schools, and entire communities. Suicide is the second leading cause of death among young people, and behind every statistic is a story of unrealized potential, unspoken struggles, and a preventable tragedy.

By officially recognizing October 9th as Youth Suicide Prevention Day, we are not only bringing vital awareness to a critical issue but also sending a clear message to young people across our state: Your life matters. Your mental health matters. And help is available.

This designation can serve as a catalyst for coordinated efforts among schools, mental health organizations, parents, and policymakers to provide education, resources, and support systems tailored specifically to the needs of our youth. It will encourage conversations that reduce stigma, promote early intervention, and ultimately save lives.

On behalf of A World Free of Suicide and countless young individuals affected by mental health challenges, I urge you to support HB3643. Together, we have the power to make a meaningful difference, ensuring that no young person feels alone or without hope.

Thank you for your time.