

Submitter: Rylan Carton

On Behalf Of:

Committee: House Committee On Rules

Measure, Appointment or Topic: HB3643

Hello, my name is Rylan Carton. I am a sophomore at McMinnville High School. I am writing this testimony in support of House Bill 3643. I am in support of this bill due to the loss of my close friend, Mikalynn Morris to suicide this past year. We met in first grade and grew up together. Mikalynn was the sister I had always wanted. Always there for me when I needed it. She never turned her back when I asked for help. That was just the person she was. A beautiful soul. She was a ray of sunshine in all of our lives. She was the most kind and caring friend I have ever had. Most of my best memories are with Mikalynn. There won't be a moment where she won't be missed. I will never forget the impact she had on my life. That being said I still can't believe she is gone. Did she not realize how much we all loved and cared about her? Did she know how much she mattered and how her absence would break our hearts? I still don't understand how suicide could have been an answer to her pain. The shock and pain of loosing Mikalynn is something I NEVER want to experience again. The realization that she is really gone will haunt me forever. I think what could I have done differently, should I have noticed something was off? My peers are dealing with mental health issues everyday and as a result we have lost three students to suicide this last year. Families need resources to turn to when facing teen mental health crisis and students need to know what to do if they are experiencing pain or know someone that needs help. We need to open up and be able to talk about it. We need more education in schools and resources to prevent this from happening. One way to start the dialog to help prevent youth suicide and save lives is by making October 9th Oregon Youth Suicide Awareness Day.