

From: [Katie Botz](#)
To: [House Education](#)
Cc: [Rep. Andi Story](#); [Mary Hakala](#)
Subject: Written Testimony for HB60
Date: Wednesday, April 7, 2021 12:13:08 PM

Good morning madam co-chair Story and co-chair Drummond and members of the committee, thank you for reading this written testimony. My name is Katie Botz and I am representing myself.

I would like thank Senator Grey-Jackson for bringing this forth, because it is crucially important to address mental health especially when all students has been suffering with the social distancing, not being able to be with their friends, not being able to socialize with their friends on the school bus, and when they had a traumatic experience at their home environment.

I am a bus driver for Juneau, Alaska and has been known to travel around the state. During the pandemic, there has been less and less students wanting to speak up for their issues and problems because they don't know how to speak up. Students don't even know that it's okay ask for help when they are having a difficult time.

Mental health is health. You cannot have physical health without mental health.

I ask that you are in support of HB60 because I too am a constituent who has a Major Depression Disorder. During this pandemic, about 4 times I struggled fighting off suicide ideation, and I know first hand that it is very difficult to deal with depression especially when there's a stigma. I just ask that you are in full support to help our students.

Thank you,
Katie Botz
Juneau

Sent from my iPhone