

# HB 105: MENTAL HEALTH EDUCATION

PRESENTED TO HOUSE EDUCATION COMMITTEE

MARCH 14, 2025

REP. ALYSE GALVIN | DAVID JIANG (STAFF)

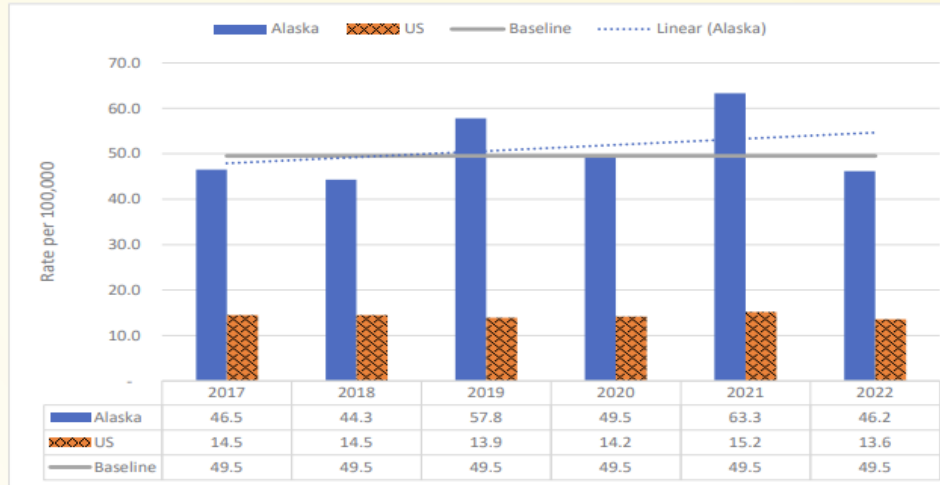
# WHAT HB105 DOES (AN ACT RELATED TO MENTAL HEALTH EDUCATION)

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Produces statewide guidelines for Alaskan school districts to implement mental health education in the K-12 system

# SUICIDE PREVENTION

## INDICATOR 16: Rate of intentional self-harm/suicide deaths (rate per 100,000; ages 15-24)



**Population: Alaska and U.S. (Ages 15 to 24)**

**Data Sources:**

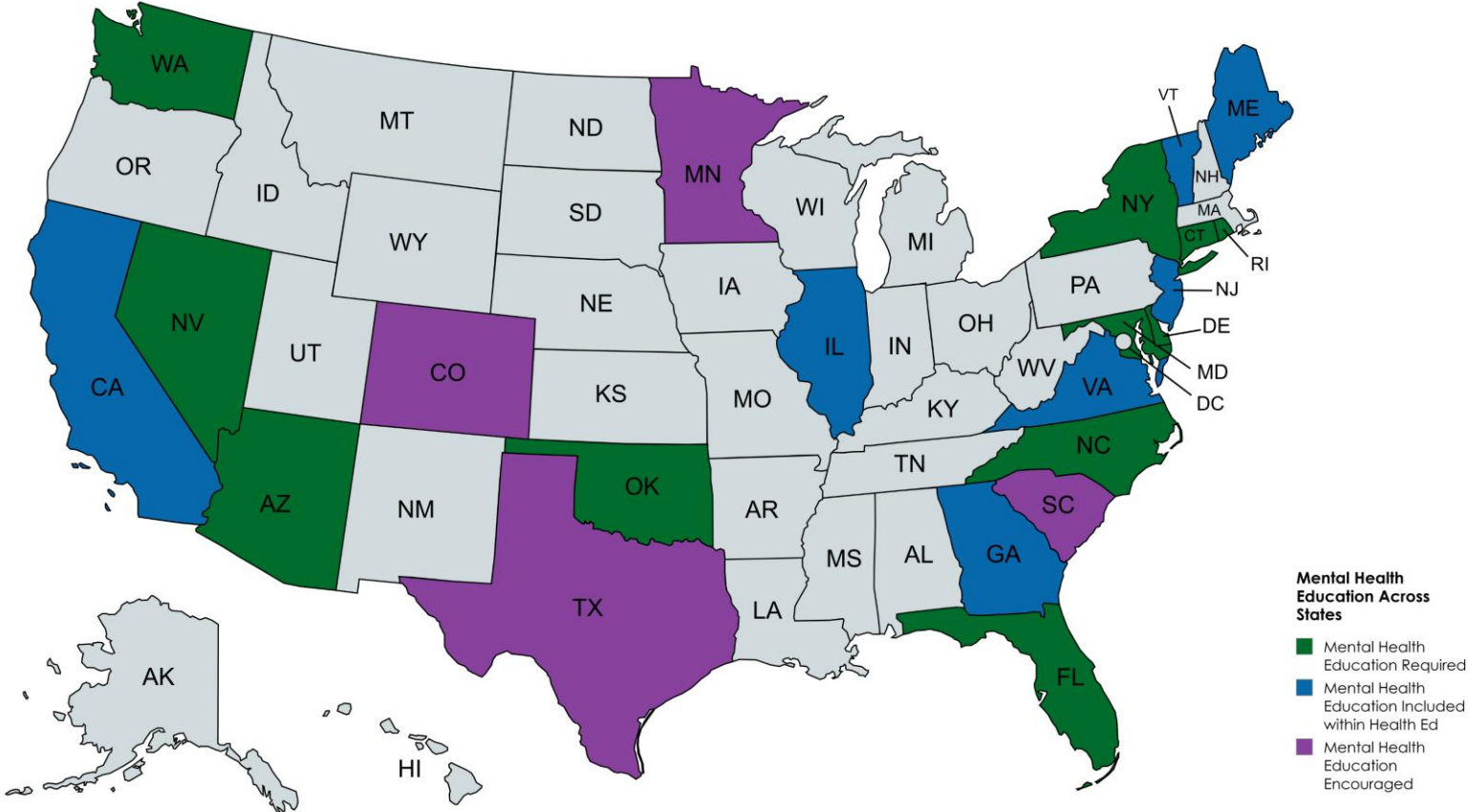
- [Alaska Division of Public Health, Health Analytics and Vital Records Section](#)
- [Center for Disease Control and Prevention, CDC Wonder Data](#)

**Data Source Contact:**

- Research Unit, Health Analytics and Vital Records;  
Division of Public Health, Department of Health  
Email: [healthanalytics@alaska.gov](mailto:healthanalytics@alaska.gov)

Source: Alaska Mental Health Trust Authority

# MENTAL HEALTH EDUCATION IN OTHER STATES



Created with mapchart.net

Source: NCSL

# HOW HB105 WORKS

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- Board of Education & Early Development convenes 30 Committee members and one facilitator to develop guidelines
- School districts implement own program
- Parental consent
- Creates a comprehensive health education alongside existing programs
- Legislative review every two years

# CORE VALUES OF HBI05

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- Mental health is equal in importance to physical health
- Parents as Partners
  - Students and parents with information can make better choices for mental health
- Reduces stigma among peers, teachers, and the community
- Accountability in program

# THANK YOU

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Representative Alyse Galvin

March 14, 2025

House Education Committee

Staff: David Jiang