

Corey Engle
HB19-1120

Attachment C

Dear Colorado Congress,

My name is Adam Vu, I am twelve years old, and I am a youth member at the Bridge Project. I am writing because I strongly agree that lowering the age of going to see a therapist without parental consent would be crucial for people my age. There are some very horrific things many adults don't know about many people my age are doing. There are many people cutting themselves or trying to commit suicide that are around this age group. It has been a very harsh topic in our community that no one has really considered.

For example, my friend told me that she started cutting herself since she was ten years old, but she was too scared to tell anyone. She told me to promise not tell anyone about this, but I had to. My friend was being hurt everyday, by keeping her emotions in. I decided to step in and tell the school therapist about this. The school therapist took action, and now she stopped cutting or hurting herself in any way.

This is why I believe that this bill should be passed. Many of the people reading/hearing this letter now wouldn't see the perspective of many teenagers hurting themselves very badly. This is a very cruel problem in our community, and I believe that lowering the age to go see a therapist would help end this current situation that is affecting many teenagers.

Another time where I had this incident was when my friend, she would start crying in her closet and always have a knife somewhere in her room. I convinced her so many times, but it never worked. Just like the first story, she was very scared to go tell anyone, so I decided to get the school therapist again. The school therapist resolved everything very quick, whether that meant seeing her after school every day or always checking up on her in class.

These stories that not many people experience are very scary to experience and go through. If the age of seeing a therapist without parental consent lowers, than many people in general will stop experiencing a sense of depression because they had someone to help them through it.

Sincerely,
Adam Vu