

**In Support**  
**House Bill No. 375**  
**Appropriations and Ways and Means Committees**  
**Delegate Ben Barnes, Appropriations Chair**  
**Delegate Vanessa E. Atterbeary, Ways and Means Chair**

**March 9, 2023- 1:00 pm**

Delegate Barnes, Delegate Atterbeary, members of the Appropriations and Ways and Means Committees. As a former NFL athlete, House Bill 375 is extremely important to me. I played for The Baltimore Ravens and I loved my time living in the great city of Baltimore. But, part of my time in Baltimore was dark, suicidal, depressing and I felt like I was all alone. I never was given any tools or knowledge on how to handle my mental health issues as a high school or college athlete, so when I became a professional athlete I struggled immensely with some really hard issues.

I believe House Bill 375 will better equip coaches when addressing their athletes' mental health. With early interventions like mental health first aid, more mental health awareness and support will be brought to athletics throughout Maryland so that young athletes don't end up almost taking their life, as I once did!