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They promised to defend. We promise to support.

Hello OHT Supporter!

OHT and the [Red River Charitable Foundation](#) are working together on the increasingly important initiative of suicide prevention for veterans. At least 60,000 veterans died by suicide between 2008 and 2017, and the U.S. Department of Veterans Affairs has made suicide prevention its top priority. This is such an alarming statistic. We want to do everything we can to help our veterans, and are focusing efforts against this issue on supporting Warrior Hockey.



The nonprofit USA Warriors Ice Hockey Program provides a recreational, therapeutic and educational experience for those wounded in service. The program helps to establish local Warriors teams that encourage veterans with disabilities to participate in the sport of ice hockey in an environment that is adapted to the level of their ability.

Hockey helps build resilience and strength for these players. These Warriors have physical challenges along with PTSD, and hockey helps them form a bond with teammates that contributes to their recovery. One of the biggest hurdles for these teams is ice time, which can cost as much as \$500 an hour. This greatly limits teams' abilities to practice and compete, reduces veterans' access to physical activity, camaraderie, and emotional support, and thus puts them at risk for physical and emotional challenges.

Below is one veteran's thoughts on what Warriors hockey means to him (from [USA Warriors Ice Hockey](#) website):



" Since joining the sled hockey program of the USA Warriors, my drive and spirit that I once embodied in the US Marine Corps has returned. This is truly an amazing group of coaches and warriors who strive to bring everyone together for a common goal, healing. No matter if you just want to be around military folks or are looking for the adrenaline rush of hockey and physical contact. I am truly blessed to be a part of this outstanding organization that cares very deeply about this country's veterans and our physical/mental health.



USA Warriors soldier on hockey sled.

Semper Fi,
Mike "Mikey No Legs" Martinez
USMC LCpl

Please join us in our efforts to support veteran suicide prevention via the Warriors hockey teams!

[I want to help!](#)

