



Statistics.

Each day, 22 veterans become victims of suicide - one every 65 minutes

- Suicide rates among military veterans have eclipsed the rates seen in the general population.
- Although veterans make up only 10 percent of the population, they account for nearly one in five of all suicides in America.
- The suicide rate for veterans is nearly double that of the civilian population.
- Female veterans are more than three times likely to commit suicide than their civilian counterparts.
- More than 69 percent of all veteran suicides are among those 50 and older.

1 Goal. 22 Saves

"There are those dark days when I feel entirely disconnected from everything. These are the days, when my despair is gripping and palpable. Then my skates hit the ice and it all fades away in the company of my teammates."

1 GOAL. 22 SAVES.



22 SAVES
— HOCKEY —



<https://www.22saveshockey.org>

Who we are

The Foundation is a 501(c)(3) not-for-profit charitable organization established in March 2020 that relies on grants, corporate donations, and individual donations to fund programs and activities that directly contribute to the health and wellness of veterans

Our Goals

- Provide veterans access to social supports by returning them to a team environment through participation in health and wellness programs at no cost
- Provide programs and activities that contribute to protective factors against suicide
- Increase public awareness of the statistically significant rate of suicides among military veterans
- Contribute to community prevention and outreach efforts targeting military families as a vulnerable group
- Assist in mobilizing community resources to address veteran health and wellness to reduce suicides
- Provide financial assistance and other support to families of veteran suicide victims



The mission of 22 Saves Hockey Foundation is to contribute to veteran health and wellness through recreational therapy, increase public awareness of veteran suicides, and mobilize community resources to prevent veteran suicides.

Programs & Services

The Foundation primarily focuses its efforts on program development related to awareness, education, outreach, and prevention. Specifically, the Foundation

- Provides male and female military veterans access to participation in local and regional veterans' ice hockey programs at no cost as a mechanism to:
 - Immerse veterans in healthy activities in a supportive team environment.
 - Establish relationships that promote camaraderie and a sense of belonging among members of the veteran community.
- Makes suicide prevention education programs available to players and their families

- Raises public awareness about the issue of veteran suicide.
- Provides immediate financial support to families of veteran suicide victims.
- Makes scholarships available for the children of veteran suicide victims.

How you can help

22 Saves Hockey Foundation is an organization that is operated completely by volunteers. There are no paid positions associated with operating our organization. All financial contributions are used exclusively for funding education, outreach, and prevention programs for veterans to include a veterans' ice hockey program. In addition, we provide financial support to families in need of living expenses in the immediate aftermath of a suicide.

Financial contributions are tax deductible.
Tax ID Number: 84-4823337