

## Support veteran mental health services by attending a Colorado Avalanche game <sup>[1]</sup>

February 12, 2018 by [Employee Services](#) <sup>[2]</sup>

In March, you can help veterans gain access to quality health care just by attending an Avalanche game.

The [Helen and Arthur E. Johnson Depression Center](#) <sup>[3]</sup> and the [Steven A. Cohen Military Family Clinic at University of Colorado Anschutz Medical Campus](#) <sup>[4]</sup> are partnering with the Colorado Avalanche on March 22 for Veteran & Military Family Mental Health Awareness Night.

The event promotes the need for essential, quality mental health services for veterans and military families, while enjoying time with families and friends. According to the [American Psychological Association \(APA\)](#) <sup>[5]</sup>, 19.5 – 22.8 percent of returning service members experience a traumatic brain injury (TBI), and up to 24.4 percent experience post-traumatic stress disorder (PTSD).

Be part of the centers' life-changing work by joining them on **Thursday, Mar. 22** at the Pepsi Center for the **Colorado Avalanche vs. Los Angeles Kings** game. Prices start at \$25, and \$5 of every ticket will be donated to the clinics. Tickets are available on a first-come, first-served basis.

By purchasing a ticket, you'll be entered for a chance to go on-ice after the game to make a slap shot into the goal.

[Find tickets](#) <sup>[6]</sup>

[benefits](#) <sup>[7]</sup>, [Avalanche](#) <sup>[8]</sup>, [perks](#) <sup>[9]</sup>

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<sup>[3]</sup> <https://www.coloradodepressioncenter.org/> <sup>[4]</sup> <https://www.cohenveteransnetwork.org/>

<sup>[5]</sup> <https://www.apa.org/advocacy/military-veterans/mental-health-needs.pdf>

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