

DEPARTMENT OF VETERANS AFFAIRS

5000 West National Avenue
Milwaukee WI 53295
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Date: September 16, 2021

From: Michael McBride, MD

Re: Orban Foundation

To: Whom it may concern.

As a psychiatrist, army/navy combat Veteran, and instructor of psychiatry at the Medical College of Wisconsin, I would like to express my deepest appreciation for the work of the Orban Foundation. We are in the midst of an epidemic of suicide in the Veteran population and to address this crisis the community must come together to find new and creative ways to help Veterans stay alive. The Orban Foundation, through the Stigma Free Vet Zone Podcast, offers Veterans a chance to share their personal stories of resilience and survival. Many Veterans discover a purpose, a reason to live, based on a mission of helping other Veterans. Stigma Free Vet Zone has highlighted many new opportunities for Veterans to connect with each other and to join forces to combat depression, substance abuse, and social isolation. Stigma Free Vet Zone has provided education on Post Traumatic Stress Disorder and how Veterans can learn to overcome anxiety related to their traumatic experiences.

When a ship is in peril the captain will call for "All hands on deck". The Orban Foundation has answered this call and is actively addressing the mental health needs of Veterans throughout the community.

As a VA employee I am not allowed to officially endorse the Orban Foundation. This letter serves as a recognition of their strong work to reduce the rate of Veterans dying by suicide.

Please feel free to contact me for further questions.

Respectfully,

Michael McBride, MD
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Staff Psychiatrist
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