

Marty Brickey Launches Personal Pledge to Support Veterans' Mental Health Through Technology and Awareness

Entrepreneur Marty Brickey of the USA introduces a practical, action-focused pledge to help address PTSD, anxiety, and suicide prevention among veterans.

Orlando, Florida May 8, 2026 ([IssueWire.com](https://www.IssueWire.com)) - Entrepreneur and technology leader Marty Brickey has announced a new personal pledge aimed at raising awareness and encouraging everyday action to support veterans dealing with PTSD, anxiety, and trauma. The pledge reflects both his professional background in technology and his long-standing commitment to improving mental health support systems.

"This is not a distant issue," Brickey says. "It's happening every day, and it's affecting people who have given everything in service."

The pledge is built around a simple idea: real change starts with consistent, small actions. Brickey emphasizes that individuals do not need special training or resources to make a difference.

"You don't need to build a company to help," he says. "You just need to care enough to take action where you are."

He also highlights the role of innovation in reaching those who might otherwise go unsupported.

"Technology is not a replacement for human care," Brickey explains. "But it can extend it. It can reach people who might not otherwise ask for help."

Why This Matters Now

- An estimated 17 veterans die by suicide each day in the United States
- Up to 30% of veterans experience PTSD at some point in their lives
- Nearly 50% of veterans with mental health needs do not receive adequate care
- Stigma remains a major barrier, with many veterans avoiding support due to perception concerns

"Not everyone is going to walk into a clinic," Brickey says. "We have to meet people where they are."

Marty Brickey's 7 Personal Commitments

- Check in weekly with at least one veteran or service member
- Promote awareness by sharing credible information on mental health
- Use technology intentionally to support access to resources
- Listen without judgment when someone opens up about their struggles
- Encourage early conversations before problems escalate
- Stay informed on PTSD, anxiety, and mental health trends
- Create space for honesty in both personal and professional settings

"This isn't just a systems problem," Brickey says. "It's a community issue."

Do-It-Yourself Toolkit: 10 Simple Actions Anyone Can Take

- Reach out to a veteran you know and ask how they're doing
- Learn basic signs of PTSD and anxiety
- Share one helpful mental health resource each week
- Normalize conversations about stress and mental health
- Avoid dismissing or minimizing someone's experience
- Offer your time to listen without trying to fix everything
- Encourage healthy routines like exercise or outdoor time
- Reduce stigma by speaking openly and respectfully
- Stay connected with people who may be isolated
- Be consistent—small actions repeated over time matter

30-Day Personal Progress Tracker

Week 1: Learn and observe

- Read about PTSD and mental health
- Identify one person to check in with

Week 2: Start conversations

- Reach out twice during the week
- Share one resource or helpful article

Week 3: Build consistency

- Continue weekly check-ins
- Practice active listening

Week 4: Expand impact

- Encourage someone else to take action
- Reflect on what you've learned and continue

Call to Action

Marty Brickey invites individuals to take the pledge, apply the toolkit, and share it within their own networks. The goal is simple: create awareness, take action, and support those who may need it most.

"If we combine innovation with empathy," Brickey says, "we can start to close the gap."

To read the full interview, visit the website [here](#).

About Marty Brickey

Marty Brickey is a U.S.-based entrepreneur, investor, and technology leader. He has founded and led companies across publishing, gaming, and software, including Layne Morgan Media and Flyover Entertainment. His work has contributed to major industry developments, including projects connected to Sierra Online and Activision Blizzard's expansion in China. He is currently focused on technology innovation and initiatives that support veterans dealing with PTSD, anxiety, and trauma.

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