



**** 2024 Stats ****

2024 was a busy year for Big and Small Peer Support, Inc. as we actively worked towards raising awareness of mental health issues among first responders and collaborated closely with them. We are a volunteer organization, with no one receiving a salary. Here are some of the highlights of our work:

- Performed 2 – Critical Incident Stress Debriefing, (CISD) with 13 participants from various agencies.
- Provided 52 individual Peer Support Counseling sessions to First Responders from various agencies and fields.
- Conducted 9 - Group Peer Support Counseling sessions for 24 First Responders from multiple agencies and conducted check-ins with 50 volunteers for the NC 211 WNC.
- Covered 32 therapy co-pay sessions for local First Responders and covered emergency expenses for a first responder.
- Packaged and delivered 1,236- Gratitude Boxes to First Responders from various agencies within and surrounding Franklin County, NC, and parts of WNC. *(Gratitude Boxes are just a small way of letting our Police, EMS, Fire, and 911 Telecommunicators know we care and appreciate all they do.)*
- Conducted 9 Appreciation Cooks feeding 241 working First Responders during the Spring Cook held in April, 257 during the Fall Cook held in October, and fed 90 first responders during the Spring session of the Post Critical Incident Seminar (PCIS) held in Cary in April. *(Along with the benefits provided by the Gratitude Boxes, the cooks offer First Responders a safe environment to enjoy a meal together. This setting also provides an opportunity for them to engage in peer support with our trained Peers.)*
- Delivered over 180 boxes of donated cookies to various First Responder Agencies in and around Franklin County, NC.
- Assisted in cooking and feeding 60 veterans and their families at the Raleigh Veterans Center.
- Participated in the Franklin County Shop with a Sheriff program in December where we packaged and distributed 160 gift boxes full of candy and snacks to children.

We want to thank our donors, Board Members, and volunteers who donated their time and efforts to support our cause. Without your generosity, we would not be able to do any of this.