



HONORING HEROES SUPPORTING SURVIVORS



WELCOME!

Stronger Together Foundation, LLC is a veteran-founded non-profit 501(c)(3) organization established in 2021 by retired Master Sergeant Michael Couch of the Mississippi Air National Guard, along with a dedicated group of family and friends affected by suicide.

Our foundation was created to address two critical needs: to tackle the alarming number of military service members, veterans, and first responders who take their own lives each day; and to support families in coping with the loss of a loved one to suicide.



Our mission is to provide resources and community support to the friends and families of veterans who have been lost to suicide. We aim to create an environment where those left behind can process their grief and connect with others who have experienced similar tragedies. In addition, we have established an endowment fund to provide scholarships, such as the Bridge The Gap and Legacy Scholarships, to children of veterans lost to suicide. These scholarships are part of our broader efforts to honor those we have lost by investing in the future of their families.

Stronger Together Foundation is committed to building a network of people affected by suicide, advocating for awareness, and offering support not just to military members and first responders, but to anyone left hurting by suicide. Together, we strive to create a community of compassion, resilience, and hope.



2024 YEAR IN REVIEW

As we reflect on 2024, we are humbled by the growth, impact, and partnerships that have propelled our mission to honor veterans, prevent suicide, and strengthen communities. Here are the highlights of this remarkable year.

Community Initiatives and Events

New Year, New Way of Life: Health and Fitness Expo

The Stronger Together Foundation, in collaboration with BTBY Way of Life and Magnolia Mouths Media, kicked off 2024 with an exhilarating Health and Fitness Expo that brought our community together for a day of health, fun, and inspiration! From energetic workout demonstrations to engaging fitness classes, attendees were treated to a wide variety of activities promoting wellness and vitality. Inspirational speakers, dynamic instructors, and health experts shared valuable tips, while local vendors and delicious food added to the festive atmosphere.



Tribal: Private Screening and Q&A Panel

On May 18th, the Stronger Together Foundation hosted an unforgettable evening at Meridian Community College's McCain Theater with a private screening of the powerful documentary Tribal. The film shared the remarkable stories of three U.S. Combat Veterans, offering a poignant look into their experiences during and after 20 years of war. Attendees were deeply moved by the veterans' candid accounts of intense combat and the struggles of reintegration into modern society.

Stronger Together Foundation Virtual Walkathon

We kicked off our 2nd annual Virtual Walkathon in May 2024. Participants around the country, from Washington D.C. to Florida, joined in. This event helps us reach beyond Meridian, uniting people and spreading awareness in a fun and engaging way. Thank you to our supporters, volunteers, and community partners who made this event possible.

2024 YEAR IN REVIEW

2024 Stronger Together Foundation Scholarship Recipients

Bridge The Gap Scholarship

Emma McNeill and Spencer Rea were awarded the Bridge The Gap Scholarship. This scholarship was established to honor the memories of Trey Powell and Bridgette Horn, two local veterans that lost their battle with PTSD to suicide. Stronger Together Foundation strives to bring awareness to the large number of veterans who face crises and ultimately commit suicide, as well as provide support to the families who are left behind.



The Mike Couch/Jennifer Welch Legacy Scholarship

Rebecca Stephens was awarded the Legacy Scholarship. This scholarship is given by Mike Couch and Jennifer Welch to a student entering a Technical or Trade School.

These scholarships are made possible thanks to the generous donations to the Stronger Together Foundation Endowment Fund. Visit strongertogetherfoundation.org/give or call 601-934-7119 for more information.



Veteran Advocacy

Yellow Ribbon Ceremony

We were honored to welcome home the soldiers of the 155th Armored Brigade Combat Team and provide support for military families during their transitions.

Lean on Me Jubilee

On September 28th, during National Suicide Awareness Month, the inaugural Lean on Me Jubilee was held in downtown Meridian. Hosted in partnership with Ochsner Rush Health, this vibrant event celebrated life with music, food, and activities for all ages, raising awareness for suicide prevention and hope for families.

In collaboration with the Lean on Me Jubilee Committee and the Community Foundation of East Mississippi, proceeds from the Jubilee event funded mini-grants for five nonprofits dedicated to suicide prevention and family healing.

2024 YEAR IN REVIEW

Community Recognition and Partnerships

Congressional Medal of Honor Society Nomination

Stronger Together Foundation was deeply honored to be nominated for the Congressional Medal of Honor Society's Community Service Citizen Honors Award, which recognizes nonprofit organizations supporting military service members and their families.

Meridian Community College Legend Award

Stronger Together Foundation President and Founder Mike Couch was awarded the Legend Award by Meridian Community College's Department of Military and Veteran Services.

Lauderdale County School Board Partnership

Stronger Together Foundation was presented a Certificate of Recognition as a Community Partner from the Lauderdale County School Board.

Community Collaboration

We were honored to speak to and collaborate with the following organizations:

- Chunky Volunteer Fire Department
- Community Health Improvement Network
- Hickory Americal Legion Post 173
- Howard W. Gilmore VFW Post 12124 (District 4 Meeting)
- Meridian Community College Military and Veterans Services
- Salvation Army
- Veterans Appreciation Committee
- WalkForVets
- Woodmen Life Representatives

Proclamations and Leadership

Stronger Together Foundation celebrated the signing of a statewide proclamation by Governor Tate Reeves declaring September as Suicide Prevention Awareness Month, underscoring the importance of addressing mental health challenges across Mississippi.

Additionally, Lieutenant Governor Delbert Hosemann officially declared September 28th, Suicide Awareness Day, highlighting the importance of mental health at the local level.




LOOKING AHEAD TO 2025

As we prepare for the new year, we remain committed to expanding programs, building partnerships, and implementing a 5-year strategic plan. Together, we will build on this year's momentum to make an even greater impact in the lives of families and veterans across our communities.

To everyone who supported The Stronger Together Foundation in 2024—whether through donations, volunteering, or spreading our mission—you have helped create a future filled with hope, resilience, and strength.

Thank you!



**“Alone we can
do so little;
together we can
do so much.”**

Helen Keller

FLAGS OF HONOR



Join our Flags of Honor Initiative and proudly display the symbol of unity, sacrifice, and freedom at your business. When you make a donation to support veterans and their families through Flags of Honor, you will be presented with an American Flag to showcase your commitment. Your contribution not only honors our heroes but helps us provide vital resources and support to those affected by veteran suicide.

COMMUNITY PARTNERS

American Legion Post 89, 173, 257, Barber & Sons Plumbing Co., Camp Meridale, Collinsville Community Club, Community Foundation of East Mississippi, Drifter's Destination, Future Family Center - Meridian, Home 2 Suites Meridian, Hope Village for Children, Lauderdale County 4-H Youth, Lauderdale County School District, Meridian Community College Military & Veterans Services, Meridian Living, The Paint Store at North Hills, Redbud Village Apartments, SuperTalk Meridian, Team Red White and Blue, Vesica Real Estate, Veterans Appreciation Committee, Veterans of Foreign Wars Posts 79 and 12124, Weidmann's Restaurant, WMOX Radio, WTOK-TV



LEARN MORE AT [STRONGERTOGETHERFOUNDATION.ORG/GIVE](https://strongertogetherfoundation.org/give)



MAKE A DIFFERENCE

Join hands with us in making a lasting difference. When you make a donation to Stronger Together Foundation, regardless of the size, you are contributing to a community bound together by compassion, resilience, and a shared commitment to help those who need it most. Your support fuels our mission to provide resources, support, and healing to the families of veterans who have been lost to suicide. Together, we are forging a path toward hope and healing.



ROUND UP PROGRAM

Transform your everyday purchases into meaningful impacts! Link your debit or credit card to effortlessly round up your purchases to the next dollar. Every cent contributes to supporting veterans and their families – turning everyday transactions into a powerful force for good! Learn more at **StrongerTogetherFoundation.org/give**.

FACEBOOK BIRTHDAY FUNDRAISER

Let's turn your celebration into a powerful force for healing and hope. Consider choosing Stronger Together Foundation for your birthday fundraiser and make a difference that truly matters. To start your fundraiser, go to **facebook.com/fund** and search for Stronger Together Foundation.



WALMART SPARK GOOD PROGRAM

Support Stronger Together Foundation every time you shop at Walmart! Donate your change by automatically rounding up your orders to the nearest dollar at checkout.

Scan the QR code with your camera to sign up!

LEARN MORE AT [STRONGERTOGETHERFOUNDATION.ORG/GIVE](https://StrongerTogetherFoundation.org/give)

FEATURED RESOURCES



Team Red, White & Blue

We believe that veterans are America's most resilient citizens — and it's time for more veterans to prioritize their well-being first. Team Red, White & Blue (Team RWB) exists to guide them through that journey with real-life and virtual opportunities focused on building a healthier lifestyle because a strong focus on mental and physical health is critical to ensuring veterans' best days are ahead. Learn more at teamrwb.org.



Positive Innergy Counseling Services

Positive Innergy Counseling Services is a mental health care provider in Mississippi that offers clients flexible therapies and interventions for behavioral issues and more. Specifically, we are interested in increasing personal empowerment, preventing troubling behaviors and feelings, achieving set goals, and positively impacting lives. To learn more, visit positiveinnergycounselingservices.com



Code of Vets

We are bringing awareness & seeking practical solutions to the daily struggles & issues of our veteran community. Our mission is to take care of our own. One veteran at a time. We are coalescing our base to be a powerful voice speaking for the rights of veterans with dignity & respect. Learn more by visiting us online at codeofvets.org.



Mission 22

Mission 22 provides support to Veterans and their families when they need it most: right now. Through a comprehensive approach of outreach, events, and programs, we're promoting long-term wellness and sustainable growth. To learn more, visit us online at mission22.com.



Together, we can turn grief into [hope](https://strongertogetherfoundation.org).

Visit strongertogetherfoundation.org to learn more.