

The Sarah Shulze Foundation is honored and grateful to be part of the UVA Swim and Dive meet. The Foundation was established to advance and support causes close to the heart of our dear Sarah Shulze, who we lost to suicide this past spring. Sarah was a distance runner at the University of Wisconsin and member of the XC and Track and Field teams. In the wake of this horrific tragedy, through the countless kind acts and words of family, friends and even strangers, we have come to learn the true value of community. We have also learned of the need for mental health awareness and resources, and seek to harness the strength of this community to be a power for good in the world, just as Sarah was.

The Foundation will carry Sarah's legacy forward, supporting and fighting for the causes dear to her: Mental Health, Student Athlete Advocacy and Women's Rights. Sarah's community of family, friends and other passionate individuals are resolved that the Sarah Shulze Foundation will make a difference in the world and have a positive impact on the lives of others.



Sarah Shulze Foundation
— A Power for Good —

Sarah Shulze Foundation:
<https://www.sarahshulzefoundation.org/>

Instagram: @sarahshulzefoundation



WHERE TO FIND HELP

National Resources

- National Suicide Hotline: 988
- Substance Abuse and Mental Health Services Admin Hotline:
1-800-662-4357
- Trevor Project Hotline:
1-886-488-7386
- National Alliance on Mental Illness: 1-800-950-6264
- Call your primary care physician



UVA Student-Athlete Resources

- Three UVA Sport Psychologists
- General Student Resource Page
- <https://studentaffairs.virginia.edu/resources-students>
- Counseling and Psychological Services (CAPS): (434) 243-5150
- timelycare.com/uva
- [UVA Women's Center Counseling and Wellness Services](#):
- (434)-982-2252 Quiet spaces for reflection or to gather in small groups with hot drinks to-go (drop-in, 9 am-5 pm)
- **Clubs**
- Bandana Project at UVA
- <https://bpatuva.org/>
- Morgan's Message at UVA
- <https://www.morgansmessage.org/>
- @morgans_message_uva
- @morgansmessage
- Active Minds at UVA
- www.instagram.com/activemindsatuva