



**BERGEN CATHOLIC
HIGH SCHOOL**
CATHOLIC. GENTLEMEN. LEADERS.

MEDIA CONTACT:
Dan Long '03
Communications Coordinator
Bergen Catholic High School
dlong@bergencatholic.org
(201) 634-2201

FOR IMMEDIATE RELEASE

Bergen Catholic Raises Money for *15 For Life* Foundation



*Bergen Catholic students pose with their 15 For Life t-shirts on their sanctioned dress down day
(Photo courtesy of BC Communications)*

ORADELL, NJ, April 15, 2024 – Bergen Catholic held a school-wide dress down day on Monday to help raise support for the *15 For Life* foundation, a non-profit organization that helps create an open dialogue about depression and mental health. Crusader students each paid \$5 for the opportunity to dress down, and for a \$15 donation each student could dress down as well as receive a *15 For Life* t-shirt to help support the cause.

15 For Life was founded in honor of former Syracuse University lacrosse standout Rob Kavovit, who suffered from silent depression and later committed suicide. The *15 For Life* foundation looks to shed the shame and embarrassment around depression and mental health and better equip people of all ages to understand and recognize depression and mental illness potentially affecting themselves, family and friends.

Bergen Catholic High School is a diverse Catholic community that prepares young men to become dynamic global leaders by deepening religious faith, developing academic excellence, and strengthening social consciousness and responsibility in accordance with the Essential Elements of an Edmund Rice Christian Brother Education.

Founded and staffed by the Edmund Rice Christian Brothers

Bergen Catholic High School | 1040 Oradell Avenue Oradell, NJ 07649 | www.bergencatholic.org | P: 201.261.1844