

Did you know...?

The following celebrities speak out about their struggle with mental-health issues.



[Wentworth Miller](#), has spoken candidly about coming out and considering suicide. The *Prison Break* actor said: "I would say what others have said: 'it gets better. One day, you'll find your tribe. You just have to trust that people are out there waiting to love you and celebrate you for who you are."

"In the meantime, the reality is you might have to be your own tribe. You might have to be your own best friend. That's not something they are going to teach you in school. So start the work of loving yourself."



Zoella

[Zoella](#) never shies away from discussing what it's like to deal with anxiety. When the vlogger posted a video about her panic attacks, it got over 3.5 million views.

Writing for *Glamour*, she said: "I go through phases where my anxiety isn't as bad and when it's pretty awful. When it's good, I'll be able to leave the house, go shopping, visit other countries for work, do meet and greets and generally live life like a 'normal person'. When it's bad, I can't even leave my bed or I'll start my day off by opening my eyes and having a panic attack."



Zayn Malik

The One Direction star has been praised for his honesty over his "extreme anxiety" which has led to him having to cancel concerts. [Zayn Malik](#) said: "I have been working over the last three months to overcome my extreme anxiety around major live solo performances.

"I don't have it in me to feel secure in anything I do. I always strive towards something better. "It's why I sometimes come across the wrong way – a bit distant. I'm stressed out trying to control how I'm perceived."



J.K. Rowling

[J.K. Rowling](#) has never shied away from speaking out and raising awareness on depression.

The *Harry Potter* writer said: "What's to be ashamed of? I went through a really rough time, and I am quite proud that I got out of that," she told a student journalist in 2008.

She has also been a source of hope for many in difficult moments through the famous Dumbledore quote, "Happiness can be found even in the darkest times if one only remembers to turn on the light."