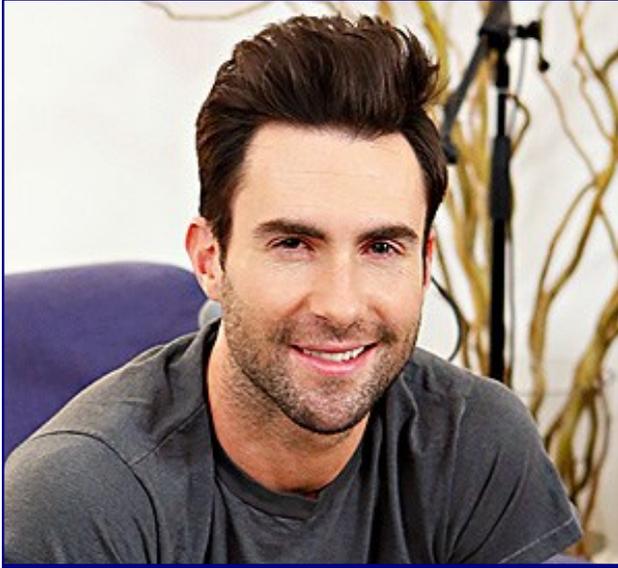


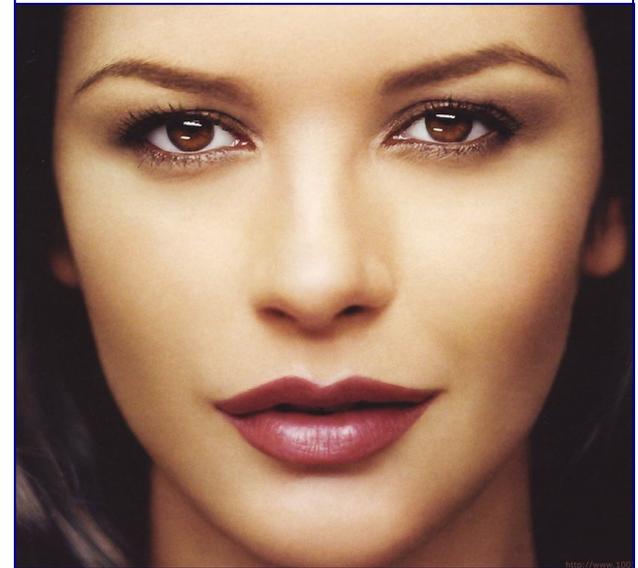
1. Adam Levine, musician



2. Leonardo DiCaprio, actor



3. Catherine Zeta-Jones, actress



4. John Green, author



5. Demi Lovato, singer/songwriter



6. Wil Wheaton, actor & blogger



3. Catherine Zeta-Jones, actress

Bipolar disorder

The actress Catherine Zeta-Jones admits to having suffered from bipolar disorder for years. The disorder, characterized by bouts of depression and times of manic highs, seems to be triggered by stress for her. She says she hopes that by going public with her disorder, she can help the millions around the world suffering from bipolar disorder.

2. Leonardo DiCaprio, actor

OCD

DiCaprio, the Oscar-nominated actor said, "I remember my makeup artist and assistant walking me to the set [of 'The Aviator'] and going, 'Oh God, we're going to need 10 minutes to get him there because he has to walk back and step on that thing, touch the door and walk in and out again,"

1. Adam Levine, musician

ADHD

"My doctor diagnosed me with ADHD in my early teens," the **Maroon 5 frontman** said. "What was really helpful to me was learning that this was a real medical condition - I had ADHD". As a young adult and adult, I continued having difficulty in the studio as I was trying to write new songs and focus to complete my work."

6. Wil Wheaton, actor & blogger

Depression and Generalized Anxiety Disorder

"You are not the only person in the world who has anxiety. You are not the only person in the world who has depression. You're not the only person in the world who has thoughts of self-harm. There are people who want to help you. There are people who have spent their entire lives helping people like you and me You're not alone. You are okay."

5. Demi Lovato, singer/songwriter

Bipolar II Disorder and Eating Disorder

"I remember sitting with my manager and my family and talking to them about whether or not to speak out about the issues that I was dealing with. I knew that there were two options: I could either not talk about my stint in rehab and hope that it went away, or I could talk about it and inspire people to get help for their issues, so that's what I did."

4. John Green, author

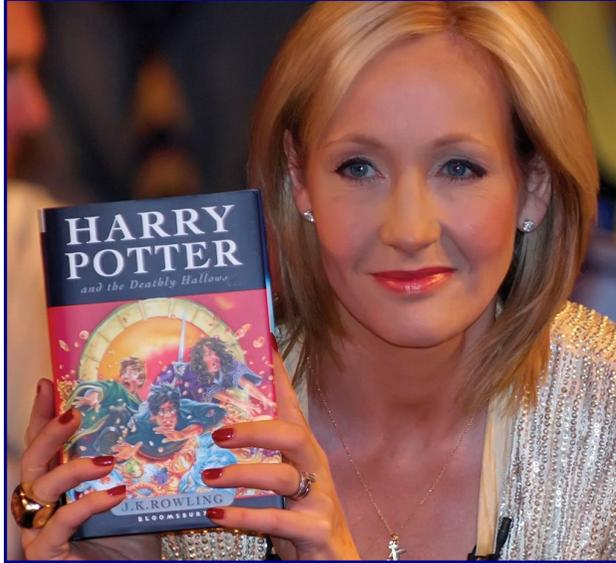
Depression, Anxiety and OCD

"I've known that I have this mental illness for a long time, and I've had a lot of therapy and learned a lot of strategies for dealing with my illness," the *Fault In Our Stars* author said. "And I try to treat my mental illness the way you would any chronic illness, and I'm very lucky that in general it's very manageable,"

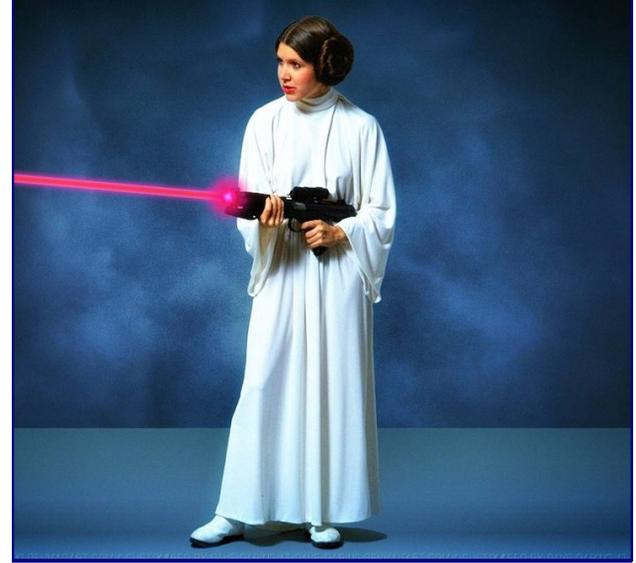
7. Michael Phelps, swimmer



8. J K Rowling, author



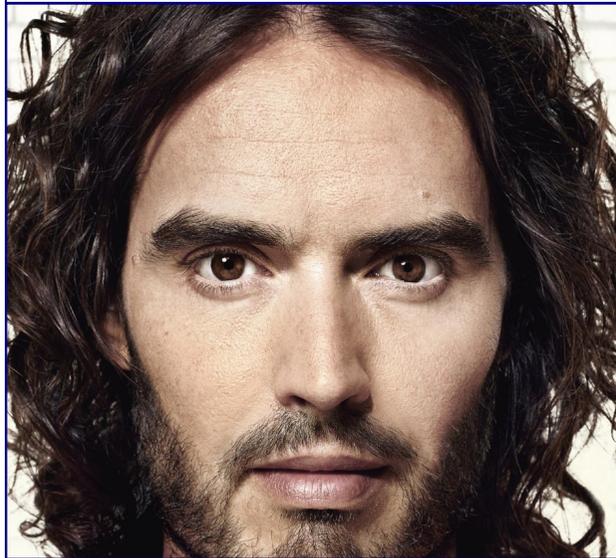
9. Carrie Fisher, actress



10. Emma Thompson, actress



11. Russell Brand, comedian/writer



12. Brittany Snow, actress & singer



9. Carrie Fisher, actress

Bipolar 1 Disorder

"Sometimes you don't want to be that person. You don't want to hold the dinner party hostage. But I didn't have a choice. I'd keep on the phone for eight hours. When my mania was going strong, it's sort of a clear path. You know, I'm flying high up onto the mountain, but it all starts to go too fast. I stop being able to connect, My sentences don't make sense. I'm not tracking anymore. I can't sleep and I'm not reliable."

8. J K Rowling, author

Depression

"I think I had tendencies toward depression from quite young. It became really acute when I was 25 to 28. It was a dark time. It's that absence of feeling – and it's the absence of hope that you can feel better. It's difficult to describe to someone who's never been there because it's not sadness. Sadness is not a bad thing - to cry and to feel. But it's that cold absence of feeling – that hollowed-out feeling. That's what the Dementors are. And it was because of my daughter that I got help."

7. Michael Phelps, swimmer

ADHD

Phelps is an American swimmer and the most decorated Olympian of all time, with a total of 22 medals in three Olympiads. He is also probably the most famous person in the world with ADHD (Attention Deficit Hyperactivity Disorder). He was diagnosed with ADHD aged nine. The swimming pool was his sanctuary, a place to burn off excess energy.

12. Brittany Snow, actress & singer

Depression, Body Dysmorphia and Eating Disorders

"I went into the hospital when I was 19 for depression and for cutting. I wasn't the person I wanted to be and I knew something was wrong. The therapist diagnosed me with anorexia, exercise bulimia — instead of throwing up you go to the gym for hours — depression and body dysmorphia."

11. Russell Brand, comedian/writer

Depression

Russell Brand was diagnosed with bipolar disorder – manic depression in 2002.

10. Emma Thompson, actress

Depression

Oscar-winning actress Emma Thompson admitted to suffering from clinical depression a few years ago. She said that during her lowest times, she struggled just to get out of bed each morning. Thompson has said that acting in various roles has helped her cope with her own problems, providing an escape from her real life.

13. David Beckham, footballer



14. Elton John, musician



15. Lady Gaga, singer



16. Kelly Holmes, athlete



17. Ruby Wax, comedian & actress



18. Stephen Fry, presenter, writer



15. Lady Gaga, singer

Depression and eating disorder

"I became very depressed at the end of 2013. I was angry, cynical and had this deep sadness, like an anchor dragging everywhere I go. I really felt like I was dying, my light completely out"

14. Elton John, musician

Bulimia

"As soon as I said 'I need help', I knew that I was going to get better, and I was determined to get better. But it was just a relief to be able to say those words."

13. David Beckham, footballer

OCD

"I'll go into a hotel room. Before I can relax I have to move all the leaflets and all the books and put them in a drawer. Everything has to be perfect,"

18. Stephen Fry

Bipolar Disorder

Stephen Fry revealed that in 2012 he attempted suicide. As the President of Mind and a prominent figure in mental health anti-stigma campaigning in the UK, his announcement was a sad but poignant reminder that bipolar, and indeed all mental illness, does not discriminate.

17. Ruby Wax, comedian & actress

Depression

"The thing about depression, and why people feel a lot of shame, is that there is nothing wrong with you on the outside. I mean you know you don't have any lumps, or you don't have any scars. You are not in a wheelchair. So people go "Come on, come on!" Especially in England they say "Stiff upper lip; snap out of it." But you can't."

16. Kelly Holmes, athlete

Depression and self-harm

"I just came to the end of my hope. I felt depressed and I cut myself. I got desperate for things to go right for once. Everything in my life at the time was wrong. When you're in it, you don't see a way out."

19. Mara Wilson, Actress



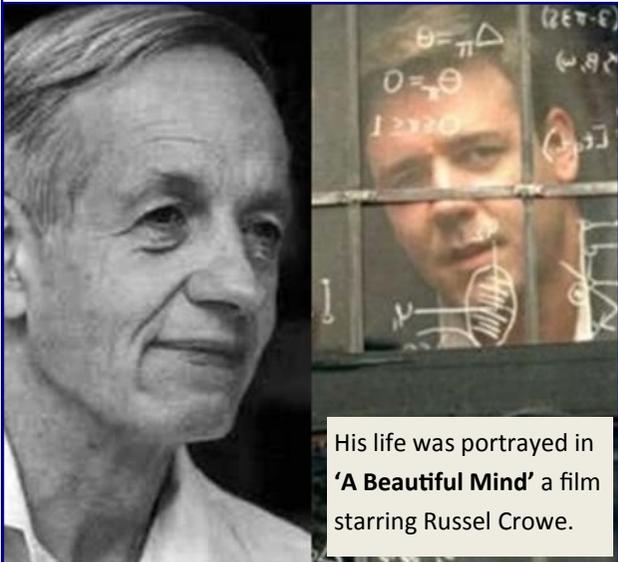
20. Alistair Campbell



21. Abraham Lincoln



22. John Nash, mathematician



His life was portrayed in 'A Beautiful Mind' a film starring Russel Crowe.

23. Monica Seles, Tennis star



24. Diana, Princess of Wales



21. Abraham Lincoln

Severe Clinical Depression

Abraham Lincoln is regarded as one of America's greatest heroes. His mental illness just one piece of a whole person, a person who changed the world and improved the lives of others despite, or perhaps in part because of, his own struggles. It is certainly true that although Lincoln battled depression, it never stopped him from changing the world and shaping American history.

20. Alistair Campbell

Depression

Journalist, broadcaster and political advisor, Alistair Campbell is best known in his role as Director of Communications and Strategy for prime minister Tony Blair from 1997 and 2003. However he has also overcome alcoholism and depression and become a prominent campaigner in tackling mental health stigma.

19. Mara Wilson, Actress

OCD, Anxiety and Depression

Mara Wilson has described her experience of anxiety as feeling constantly anxious and obsessing over things that didn't make sense or weren't in her control. Worse still she felt like she was alone in her experience. She said, "People would say they'd get a song stuck in their head and I would think, Do you get scary thoughts stuck in your head, too?" After her diagnosis of OCD she said being in the public eye only exacerbated her anxiety because she felt it was something that needed to be kept a secret.

24. Diana, Princess of Wales

Bipolar Disorder

Diana, Princess of Wales was deeply invested in helping those in society she saw as being the most maligned, and most needing care. She said herself, "Anywhere I see suffering, that is where I want to be, doing what I can." During her life Diana was open about her pain. She spoke about her bulimia, her depression, her self-harm, her suicide attempts, and her feelings of emptiness and loneliness.

23. Monica Seles, Tennis star

Binge eating disorder

"My binge-eating episodes would usually happen in the evenings when I was back by myself after a long day at the tennis courts and would just eat large quantities of food. My eating was just uncontrollable. Once the binge was over I felt so upset with myself."

22. John Nash, mathematician

Depression and self-harm

John Nash was an eccentric maths genius whose sudden youthful plunge into paranoid schizophrenia could have ended in obscurity or tragedy. Instead, his 30-year battle against crippling mental disease ended in triumph and winning the 1994 Nobel Prize in economics. He said of his illness, "People are always selling the idea that people with mental illness are suffering. I think madness can be an escape."

