Suicide

Katy Perry Experienced Suicidal Thoughts During Breakup With Orlando Bloom

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Brette Sember • Follow
June 29, 2020

Editor's Note

If you experience suicidal thoughts or have lost someone to suicide, the following post could be potentially triggering. You can contact the Crisis Text Line by texting “START” to 741741.

What happened: When Katy Perry and Orlando Bloom broke up in 2017, the pop star went through a major breakdown and thought about taking her own life. Perry shared on the Canadian radio show “**Q on CBC**” that the break-up, coupled with low sales of her album, led her to struggle with her mental health and caused her to consider suicide.

If you’re experiencing suicidal thoughts, it’s important to reach out for support, such as to a loved one or your therapist. Other coping skills can help you get through the most difficult moments when you’re really struggling. Perry shared that she was able to manage her suicidal thoughts through a reliance on her faith and a gratitude practice.

> **My hope is that something bigger than me created me for a purpose and created me for a reason, and that I’m not disposable, and that, you know, every person that’s been created has a purpose. — Katy Perry**

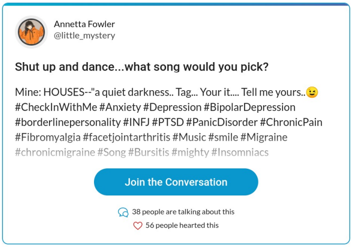
The Frontlines: Suicide is a serious issue. Suicide is the **10th leading cause of death** in the United States and is the **second leading cause of death** for people ages 10 to 34.

- Suicidal thoughts, like those Perry experienced, are most common for people in the 18 to 35 age group, but they can happen at any age
- 9.3 million Americans reported having suicidal thoughts last year
- White males are at the highest risk for suicide.
- Psychologists warn that while there is concern the COVID-19 crisis may cause a spike in suicides, so far data has not shown a spike

Get more on mental health: Sign up for our weekly mental health newsletter.

A Mighty Voice: Perry previously made headlines for **livestreaming a session with her therapist** in 2017, and she's shared her experience with mental health in the past. Our contributor, Meghan Hart, shared **her experience with suicidal thoughts**. "There is a great deal of misinformation and stigma associated with suicidal thoughts. The prospect of a person taking their own life is frightening and so we try to pacify that fear by categorizing suicidal people into a neat little category separate from ourselves." **You can submit your first person story, too**.

From Our Community:



Annetta Fowler
@little_mystery

Shut up and dance...what song would you pick?

Mine: HOUSES--"a quiet darkness.. Tag... Your it.... Tell me yours..😉
#CheckInWithMe #Anxiety #Depression #BipolarDepression #borderlinepersonality #INFJ #PTSD #PanicDisorder #ChronicPain #Fibromyalgia #facetjointarthritis #Music #smile #Migraine #chronicmigraine #Song #Bursitis #mighty #Insomniacs

38 people are talking about this
56 people hearted this

Add your voice:

Other things to know: If you're dealing with suicidal thoughts, you aren't alone. These Mighty articles may help.

- If You're Contemplating Suicide, We Have Some Messages for You
- 23 Messages for Anyone Considering Suicide, From People Who've Been There
- To the One Contemplating Suicide
- This Suicide Scale Can Help Others Understand Your Suicidal Thoughts

Get help with suicidal thoughts: Don't be ashamed or embarrassed if you have suicidal thoughts — you're not alone. If you need support right now, call the National Suicide Prevention Lifeline at 1-800-273-8255, the Trevor Project at 1-866-488-7386 or reach the Crisis Text Line by texting "START" to 741741.

Resources

If you or someone you know needs help, visit our suicide prevention resources.

If you need support right now, call the National Suicide Prevention Lifeline at 1-800-273-8255, the Trevor Project at 1-866-488-7386 or reach the Crisis Text Line by texting "START" to 741741.

HEADER IMAGE VIA KATY PERRY/INSTAGRAM

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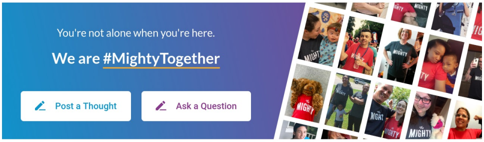

Video

The MIGHTY
Talking About Suicide With People Who've Been There:
JOLISSA & ETHAN HEBARD

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@the-mighty-video
October 1, 2018

Talking About Suicide: Jolissa & Ethan Hebard

Suicide attempt survivors, Jolissa & Ethan Hebard, talk about suicide awareness and their own experiences.

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Thought

Elizabeth Cooper • Follow
@elizabeth_cooper
Yesterday

•••

Self-Care 7-30-2020

Today self-care looked like taking a break from my phone and instead reading a book. What did it look like for you?

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Join the conversation...

Question

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Yesterday

•••

What do u do when u don't want to exist?

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You're not alone when you're here.

We are #MightyTogether

Post a Thought Ask a Question

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