



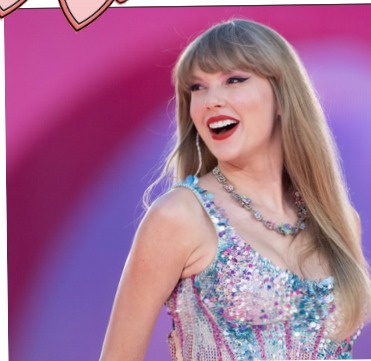
FAMOUS FACES SHINING A LIGHT ON...

Whilst a stigma has kept many people from sharing their Mental Health struggles, more and more famous stars have come forward in recent years sharing their experiences with Mental Illness to spread awareness, encouraging others to seek treatment and talk to somebody.



LADY GAGA

Singer/Songwriter and fierce champion for many communities and issues. GaGa is open about her own struggles from post-traumatic stress disorder (PTSD), suicidal thoughts and self harm.



TAYLOR SWIFT

Taylor promotes self-care and self-acceptance through her music and has spoken openly about her struggles with Anxiety and Body Image. She believes in the power of embracing oneself and celebrating individuality.



ELTON JOHN

Music legend and icon known for his talent, advocacy, and charity work has spent many years courageously speaking out about his challenges with Mental Health, Addiction, and Bulimia Nervosa.



ED SHEERAN

The Singer/Songwriter has opened up about his struggles with Depression, Addiction, Body Image and Disordered Eating. Ed believes it is crucial to put your Mental and Physical Health first but taking the first step can be the most challenging.



OLLY ALEXANDER

Actor and Musician Olly openly shares his experiences with Disordered Eating, Anxiety, Depression and Homophobic Bullying. Olly uses his personal journey positively to raise awareness and advocate for others.



ZAYN MALIK

Instead of hiding former One Direction band member Zayn is open about his struggles with Panic Attacks and Anxiety. Zayn says that it is "nothing to be ashamed of"



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