

A stylized, light blue brain graphic with white outlines of neural pathways, centered in the background. The text is overlaid on this graphic.

**CELEBRITY
MENTAL HEALTH**

TRIVIA



Which red-hot Hollywood actress says she comes from a long line of women with “serotonin imbalance,” making her prone to anxiety and depression?

Mental illness is real, common and treatable.



Kristen Bell

Mental illness is real, common and treatable.



Which Minnesota Vikings Pro-Bowl player recently used his platform to help others who may be struggling to maintain mental health?

Mental illness is real, common and treatable.



Everson Griffen

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Which gold medal-winning Olympic swimmer urged the U.S. Olympic Committee to do something to help athletes cope with depression?

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Michael Phelps

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Which former Minnesota Timberwolves basketball player has publicly shared his struggle with depression?

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Kevin Love

Mental illness is real, common, and treatable.



Which hugely successful female global tennis champion has shared her struggles with depression, including postpartum depression?

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Serena Williams

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Which Grammy Award-winning female vocalist known for singing, “Hello”, opened up about “her dark side,” her “availability to depression,” and therapy?

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Adele

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Which Grammy Award-winning female vocalist known for her current hit, “Shallow,” has a Foundation that provides Mental Health First Aid training to her fans before concerts?

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Lady Gaga

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Which former U.S. First Lady shared her struggles with addiction and now has a world-renowned treatment center named in her honor?

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Betty Ford

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The Mental Health Parity and Addiction Equity Act of 2008 was named in honor of which late U.S. senator from Minnesota?

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Paul Wellstone

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Which British royal recently opened up about his past to help shed some of the stigma that exists around mental health issues?

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Prince Harry

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Which famous female British author gave a 2008 commencement address at Harvard where she admitted that she lives with depression and explained how failure and times of darkness can guide you to a sense of purpose?

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J.K. Rowling

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Which Academy Award-winning actress from the movie “La La Land” lives with anxiety?

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Emma Stone

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Which former U.S. President, now pictured on a coin, fought clinical depression all his life?

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Abraham Lincoln

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Which former Minnesota Governor and mental health advocate said, “Protection of the patient requires our eternal vigilance?”

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Gov. Luther Youngdahl, 1954

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Which member of the famous Kennedy family opened up about his bipolar diagnosis and is an author, speaker and advocate for mental health parity?

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Former U.S. Rep., Patrick J. Kennedy

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