



# NEW MOM LAYDEN IN TREATMENT TO BEAT BLUES

0 star suffering from depression |

HAVE Hayden Panettiere is being celebrated as a real-life hero revealing that she'd entered a treatment to fight a desperate war with postpartum depression. Fans are cheering the 26-year-old star of TV series "Heroes" in Nashville. "Men need to know you're not alone, and postpartum depression can heal," the blonde says, adding that her struggle to regain emotional balance has been really painful, "really hard" and requires "a lot of support." Hayden and her husband — weight boxer Wladimir Klitschko — celebrated the birth of their daughter Kaya in December. "I miss the new mother's joy I lost," she grieved by a horrific battle with the blues!



A hopeful Hayden was dreaming of motherhood while holding a friend's baby in 2011

### Emotional stress

The actress has boldly announced that she's entered a clinic to receive treatment for her emotional condition. Postpartum depression can be sparked by lack of sleep, hormonal changes and stress after pregnancy. Hayden's treatment could include counseling, antidepressant medication,

dietary changes and an exercise program. As many as 15 percent of all new moms can suffer from the disorder and other mood-related problems, experts say. Hayden, whose character on "Nashville" is also suffering from postpartum depression, is being hailed for opening up about her real-life struggle. "In the past, women, particularly in Hollywood, could never admit to battling any kind of depression," says an industry insider. "But now stars like Hayden are opening up about postpartum depression, and

helping other women feel less alone by talking about their own fight to get healthy again." **Fellow struggling celebs** Brooke Shields dared to become a celebrity pioneer in discussing postpartum depression after the birth of her daughter in 2003. "I really didn't want to live anymore," she admitted — leading to Scientology Tom Cruise calling her "irresponsible" for being treated with medication. Gwyneth Paltrow and Marie Osmond have also talked about their own baby blues. Hayden's decision is still "very brave," a fan writes on the Internet. "Good for her in getting the help she needs!"