



I want to start by saying thank you to everyone who has reached out and shown support. I really appreciate all of the fans sharing their stories of mental health struggles with me. It shows that we are not alone.

Even though everything may look perfect on the outside, every day I battle my depression, bipolar and anxiety in silence. I know there are many people who do the same. While there are prescription medications that I take to help me manage symptoms, and I participate in weekly therapy, etc. unfortunately, and as others in similar situations can attest, these are ongoing measures and not a finite/permanent cure.

I have tried very hard to not let any of my symptoms impact how I show up for my Jersey Shore family and the fans. Last week, what you saw during that interview was evidence of my ongoing struggle. Some recent emotional events had begun to wear on me. Medication has helped me manage my symptoms, but it can have side effects. Typically, I can work through the effects in private.

Wanting to be with my castmates for a press tour celebration at the same time as carrying this weight required me to work through the effects in a public setting; as a result, I was taped nodding off, which started rumors and accusations. I thought I could be strong enough to get through it, but what you saw was me trying to battle through one of my toughest moments. I pushed myself to try to show up for other people when I just needed to show up for myself.

I have learned that no matter the situation, event, or circumstances, you have to put your mental health first and prioritize your own care no matter what, and I will continue to do that every day. It means the world to me that everyone has rallied for me and has seen past the rumors. Please feel free to reach out to continue to share your experiences, as it makes me (and everyone else reading) feel like they are not alone. Thank you again to everyone who sent their prayers and love! It means more at a time like this more than I can explain. If you know anyone suffering from mental health related difficulties, please be kind and patient.

