

Wayne Brady and Depression

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On November 3, 2014, Wayne Brady went on Entertainment Tonight to discuss his long battle with depression. We asked Wayne why he waiting until now to talk about his diagnosis.

Brady: I didn't want to talk about it earlier. Why would I want to seem like this sad-sack? Those are all the lies that I told and told myself. It's like oh if I talk about this - even professionally with my job - if I talk about this people won't want to watch me. It's not important enough. And even now as I'm hearing myself saying all those things, I'm like, wow. Man. I really wish that I would have spoken out earlier. Because there's nothing like being able to shine a light on those secrets. Those secrets kill. That the secret of keeping all that to yourself and putting on that mask - that'll eat away at you daily and ate away at me daily. It's difficult for men in general, I think, because of just the way that we're made and raised. You feel any of the negative emotions or that dark cloud settles on you and you feel like you need to cry out or speak to someone about it - no I'm not gonna do that because, my man. What kind of man would I sound like if I told somebody, "Hey, I am, I'm so sad. I'm cripplingly sad. I can't get out of bed. I just - I feel empty. Help me." I'd be some sissy. I'd be soft. That's what you're taught. That's what you were programmed. And that's what kills us.

So since speaking about it on ET and being honest - folks have come out of the woodwork. People that I haven't heard from in years, complete strangers, a ton of - mostly on Twitter and on Facebook, and social media - that's been an amazing gauge of all the love and so many people. It's echoed the exact same sentiment: "Thank you so much for speaking because I felt that I couldn't."

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