

Celebrity News: Kate Spade's Husband Breaks Silence After Her Death By Suicide



By [Haley Lerner](#)

In recent [celebrity news](#), Kate Spade's husband, Andy Spade, released a statement a day after the 55-year-old fashion designer was found dead in her New York City apartment from an apparent suicide. Andy, 55, wrote in a statement to *The New York Times*, saying, "Kate was the most beautiful woman in the world. She was the kindest person I've ever known and my best friend for 35 years. My daughter and I are devastated by her loss, and can't even begin to fathom life without her. We are deeply heartbroken and miss her already." Andy also added that "Kate suffered from depression and anxiety for many years. She

was actively seeking help and working closely with her doctors to treat her disease, one that takes far too many lives. We were in touch with her the night before and she sounded happy. There was no indication and no warning that she would do this. It was a complete shock. And it clearly wasn't her. There were personal demons she was battling." According to *UsMagazine.com*, Kate and Andy, who married in 1994, had recently decided to separate due to marital issues. The couple had one child together, Frances Beatrix, who is now 13. The pair launched the fashion brand Kate Spade New York in the '90s. Andy addressed his separation with his now deceased wife in the statement, saying "For the past 10 months we had been living separately, but within a few blocks of each other. Bea was living with both of us and we saw each other or spoke every day. We ate many meals together as a family and continued to vacation together as a family. Our daughter was our priority. We were not legally separated, and never even discussed divorce. We were best friends trying to work through our problems in the best way we knew how. We were together for 35 years. We loved each other very much and simply needed a break." Rest in peace, Kate Spade.

In this celebrity news, our hearts are broken by the death of a beloved designer, and her husband is now speaking out. What are some ways to cope with the loss of a loved one?

Cupid's Advice:

Losing a loved one is incredibly hard. Cupid has some ways to cope with the loss:

1. Take care of yourself: After losing someone close to you, it's easy to slip into a negative state of mind. While grieving, it's important you don't abandon your own physical and emotional needs. Make sure to eat right, get enough sleep and exercise so you don't let the heartache consume you.

Related Link: [Julie Andrews' Relationship Advice: How to Survive the Death of a Loved One](#)

2. Spend time with your friends and family: You are in need of love and support after the death of a loved one, so it's important you surround yourself with people who will be there for you. In your hard time, spend more time with your family members and close friends so you do not have to feel so alone.

Related Link: [Robin William Dies From Suspected Suicide; Wife Releases Statement](#)

3. Honor their memory: To help yourself move past the pain of the someone's passing, honor their memory to help you and others move on. Celebrate that person's life by donating to a charity in their honor, frame photos of them or hold a memorial service.

Have any more ways to help cope with the loss of a loved one? Comment below.