

Celebrity News: Wilmer Valderrama Spotted Visiting Demi Lovato One Day After Her Overdose



By [Haley Lerner](#)

In [celebrity news](#), Wilmer Valderrama was spotted visiting [celebrity ex](#) Demi Lovato at the hospital, just one day after the singer's drug overdose. According to *EOnline.com*, Valderrama's car was seen entering Cedars-Sinai Medical Center in Los Angeles, where Lovato is receiving treatment. A source said that Valderrama stayed at the hospital for over two hours and said, "He was somber and quiet and you could tell he was in a very serious mood. He arrived and left by himself."

Lovato and Wilmer dated for almost six years until breaking up in 2016, but have remained on good terms. Valderrama is the first celebrity guest to visit Lovato in the hospital after she was rushed to the hospital by ambulances from her home in Hollywood Hills on July 24 after suffering an apparent overdose. Lovato's publicist confirmed the news in a statement, but refuted tabloid claims that the singer overdosed on heroin. "Demi is awake and with her family who want to express thanks to everyone for the love, prayers and support. Some of the information being reported is incorrect and they respectfully ask for privacy and not speculation as her health and recovery is the most important thing right now."

These celebrity exes still clearly hold love for one another. What are some ways to support your ex during a trying time?

Cupid's Advice:

In difficult times, sometimes the right thing to do is to be there for your ex. Cupid has some tips on how to support them:

1. Show up: Just like Valderrama did, sometimes the best thing you can do when your ex is struggling is to show up and be there for them. Just because you are no longer in a relationship doesn't mean you don't have to be supportive of them when they are going through something difficult. Just going to them to offer your support and presence is a huge help.

Related Link: [Celebrity Exes Demi Lovato & Wilmer Valderrama Haven't Ruled Out Reconciliation](#)

2. Keep it platonic: One thing to remember when supporting

your ex during a trying time is to not let things go too far and end up getting romantic. Your ex is going through a lot and a past relationship is easily something they can turn to for comfort, but you could end up getting hurt in the end if it doesn't work out. Make sure to support your ex only as a friend and make your boundaries clear.

Related Link: [Celebrity Exes Demi Lovato & Wilmer Valderrama Reunite for Lunch Date](#)

3. Rally their friends: If you actually being around your ex might be too stressful for them, maybe try supporting your ex in a different way. If you still have mutual friends, contact them and let them know they should reach out to them. You can also try to organize a get together where you all can be there for him, without things being as awkward as meeting with just the two of you.

Have any more tips on how to support an ex in trying times? Comment below.