

# Celebrity News: Justin Verlander Says Kate Upton Saved Him from 'Jumping Off a Bridge' During Depression



By Rhodesia

Williams

In [celebrity news](#), [celebrity couple](#) Justin Verlander and Kate Upton are nothing short of relationship goals. According to *UsMagazine.com*, after suffering from many injuries, Verlander had no choice, but to have surgery. Verlander was very depressed during this time period. Upton helped her man through his rough patch and helped to keep their [celebrity relationship](#) positive.

## In celebrity news, Justin Verlander

# is opening up about the support Kate Upton gave him when he was fighting depression. What are some ways to support your partner through emotional turmoil?

## Cupid's Advice:

Sometimes we go through things that we often think we can't get through. Cupid has some advice on how to support your partner through emotional turmoil:

**1. Be available:** While you don't have to clear your schedule for the next six months, make sure you are there for your partner. A simple phone call or quick text to check on your partner will remind them that you are in their corner. Being there for your partner is important and it not only reassures your partner, but also makes them feel safe.

**Related Link:** [Fitness Tips: Meditate And Practice Breathing](#)

**2. Distractions are nice:** Distracting your partner will help keep their minds off of everything that is going on. Going out or even staying in and spending time will help keep the positive times needed at such a sensitive time. Enjoy each other and remind yourselves that you are in this together.

**Related Link:** [Hang Tough – You'll Get Through It](#)

**3. Support:** Remind your partner that they have your support. Although you may say it, sometimes your partner wants to see and feel it. The smallest things will mean so much to your partner and they will be grateful. Show your partner just how much you love them and support them. It is important and it will strengthen your relationship.

**What are some ways you support your partner through emotional turmoil? Share below.**