

Celebrity News: Michael Douglas Welcomes Catherine Zeta-Jones Home from Treatment



By Marisa Spano

Catherine Zeta-Jones just completed her ongoing treatment for Bipolar II disorder, according to [People](#). Jones, 43, entered treatment for the second time in April and has just returned home to her husband, actor Michael Douglas, 68. “She’s doing a really good job of getting balanced. I’m proud of her,” said Douglas.

What are three ways to support your partner through treatment or rehab?

Cupid’s Advice:

Marriage is hard enough as it is, let alone adding in a

partner in treatment. Cupid is here to show you the way:

1. Bring in the family: Encourage your loved one to continue with their treatment program, knowing the family cares. Support goes a long way when it comes to recovering from both physical and mental ailments.

2. Take care of you: It may sound weird advice, but you have been giving this person most of your attention and in order to help your significant other you must be the best you that you can be.

3. Ask what they need: This may sound basic, but it can be challenging. Treatment or rehab can be one of the most difficult things your partner has ever been through. You need to know what you can and cannot discuss about the process with your partner. You need to be aware of when they need you close or when they need space.

What are some other ways you can support your partner through treatment or rehab? Share your ideas below.