

Latest Celebrity News: Jim Carrey 'Shocked and Deeply Saddened' By GF Cathriona White's Suspected Suicide



By Kyanah Murphy

This is not an easy pill to swallow. The latest in [celebrity news](#), it appears that not only did Jim Carrey recently become celebrity exes with his girlfriend, Cathriona White, but she is also suspected of having committed suicide. According to [UsMagazine.com](#), a note was left in White's residence, and she was pronounced dead at the scene. The note appeared to have alluded to the recent [celebrity break up](#) between Carrey and White as well. In response, Carrey states that he is "shocked

and deeply saddened” by this tragic event, saying that White was “a truly kind and delicate Irish flower, too sensitive for this soil.”

The latest celebrity news is the opposite of uplifting. What are some ways to support your partner through tragedy?

Cupid’s Advice:

Celebrity news or otherwise, it’s a difficult time for everyone when it comes to dealing with tragedy. Cupid has three tips for supporting your partner through tragic events:

1. Offer a listening ear and shoulder to cry on: When something awful strikes, people feel their emotions intensely and have a lot running through their minds. Offer a listening ear so they can let their emotions out. Just remember to set boundaries.

Related Link: [Mourning A Loss: ‘Glee’ Star Becca Tobin’s Boyfriend Matt Bendik Found Dead](#)

2. Therapy may be needed, so be encouraging: Depending on the tragedy, therapy may be needed. After you’ve set your boundaries, suggest they talk to a professional about the tragic event that occurred. For many, therapy can be scary and is taboo to speak about, so be encouraging and supportive of the decision. Keep an eye on your partner and know that the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) is available.

Related Link: [Lea Michele Takes Home Her Late Celebrity Ex Cory Monteith’s ‘Glee’ Jersey Post-Wrap](#)

3. Let your partner deal with what happened at their own pace: Everybody heals at their own pace. Some may heal faster while others need more time. That is OK. Don't try to rush the healing for your partner. Respect their healing process and give them space if they need it. Or again, the ear and shoulder they need.

Have you had tragedy strike your partner? Comment below on how you supported your partner during that time!