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Brooke Shields recalls suicidal thoughts after pregnancy: 'The baby would be better off without me'

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Kempin/Getty

Brooke Shields wrote a book about her experiences with post-partum depression after having her second child.

Brooke Shields' bout with post-partum depression was far more serious than she ever let on.

While accepting an award Monday at the Hope for Depression Research Foundation in Manhattan, the actress revealed that her well-publicized struggles with the disease had her contemplating suicide, reports People.com.

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Shields admitted that after she stopped taking medication for her condition, she almost drove her car into a wall while driving on the highway - with her baby daughter in the backseat.

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Shields, 44, told the audience she felt like she "should not exist" after the birth of Rowan, now 6, in 2003.

"The baby would be better off without me," she had thought. "Life was never going to get better - so I better just go."

But it was after she quit taking her prescribed meds that Shields "almost did not resist driving my car straight into a wall on the side of the freeway."

"My baby was in the back seat and that even p--- me off because I thought she's even ruining this for me," Shields said. "I just wanted to drive into the wall, and my friend stayed on the phone with me and made me safely get home."

Shields is also the mother of another daughter, 3-year-old Grier, with her husband, TV writer [Chris Henchy](#). According to [People.com](#), Shields had a miscarriage and went through seven in-vitro fertilization attempts before Rowan was conceived.

The birth left Shields with a chemical imbalance that caused her depression, a condition that she finally brought under control through medication and education.

"I learned what was going on inside my body and what was going on inside my brain," she told the crowd. "I learned I wasn't doing anything wrong to feel that way. That it was actually out of my control."

Shields has since become an advocate for the disease.

She wrote a book, "Down Came the Rain," about her experiences, and even famously took on [Tom Cruise](#) after he criticized her for treating the disease with prescription medication.

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