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## Brooke opens up about depression

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Tuesday November 17 2009

[Brooke Shields](#) has revealed the depths of her postnatal depression - which affected her so much that she wanted to "disappear and die".

The [Lipstick Jungle](#) star, who was diagnosed with a chemical imbalance after giving birth to eldest daughter Rowan in May 2003, spoke out while receiving an award from the Hope for Depression Research Foundation in New York, [People.com](#) reports.

"I finally had a healthy beautiful baby girl and I couldn't look at her, I couldn't hold her and I couldn't sing to her and I couldn't smile at her - all I wanted to do was disappear and die," she told the crowd.

"[I thought] I should not exist. The baby would be better off without me. Life was never going to get better - so I better just go."

The mother-of-two, who's married to TV writer [Chris Henchy](#), was prescribed medication but stopped taking it at one point, thinking she didn't need them.

"That was the week I almost did not resist driving my car straight into a wall on the side of the freeway," she recalled.

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

Brooke added: "If I had been diagnosed with any other disease, I would have run to get help. But I did fight. I survived."

*Press Association*

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