# Rylan Clark Opens Up About Mental Health Struggles on 'Rob and Rylan’s Grand Tour'



On a recent episode of "Rob and Rylan’s Grand Tour," Rylan Clark shared a deeply personal account regarding his struggles with mental health after his divorce, which left co-host Rob Rinder visibly moved to tears. During their conversation, Clark, aged 35, disclosed that he reached a point where he "tried to end it all." This emotional moment occurred as both shared insights into their personal relationships.