# Sophie Turner Opens Up About Mental Health Struggles and Divorce from Joe Jonas



Sophie Turner, star of "Game of Thrones," recently discussed her mental health struggles and the emotional toll of her divorce from Joe Jonas in an interview with Vogue. The couple, known for their high-profile relationship, announced their divorce in September 2023, shocking many. Turner, aged 28, and Jonas, aged 34, were married in 2019 and shared two daughters, Willa and Delphine.

Turner revealed that the divorce led to significant emotional distress, exacerbated by public scrutiny and rumors. She admitted to suffering from depression and anxiety, especially during the tumultuous period following the split. The actress described experiencing "mom guilt" and felt particularly affected by media speculation and public reaction.

Turner was in the UK filming the TV show "Joan" while Joe Jonas and their children were in the US. This geographical separation added to her emotional challenges. During the interview, she highlighted her struggles with being branded merely as a "Jonas Brothers' wife," which made her feel like a "plus-one" in her marriage, despite Jonas not making her feel that way personally.

Since moving back to the UK, Turner has found solace in her community and support system, which she credits with helping her manage her mental health without medication. Despite the hardships, she expressed a sense of renewal and happiness in her newfound environment.

Joe Jonas and Sophie Turner’s relationship began in 2016, leading to a Las Vegas elopement in 2019, followed by a grand celebration in France. Turner continues to focus on her personal growth and rediscovery in the wake of the split. The full interview is available in the June issue of British Vogue, on newsstands from May 21.