# Reality TV Star Big Ed Opens Up about Mental Health Struggles and Tragic Loss



**Reality TV Star Big Ed Discusses Mental Health and Tragic Loss**

Reality television personality Ed Brown, also known as Big Ed from "90 Day Fiancé," recently shared a deeply emotional experience during an interview with DailyMail.com. Brown, 59, tearfully recounted the suicide of his best friend of 27 years, Scott, which occurred over a decade ago and profoundly affected his mental health.

During the interview, Brown struggled to hold back tears while discussing his efforts to navigate public life after the tragedy. He expressed regret and helplessness over being unable to save his friend, who, despite appearing to have an ideal life, struggled secretly. Scott was a successful banker with a family, living what many would consider a perfect life.

Ed opened up about how he manages his mental health in the public eye. He has chosen not to read comments on his social media posts to protect his well-being, following advice from comedian Pauly Shore. This decision helps him avoid the negative impact of online bullying and vitriol often directed at public figures.

While acknowledging the prevalence of mental health issues, Brown also touched on the positive aspects of his reality TV fame. Despite facing challenges due to his Klippel-Feil syndrome, a condition that affects his vertebrae, he has received supportive messages from people worldwide. These interactions have allowed him to encourage others with similar conditions not to let their illnesses define them.

Additionally, Brown expressed hope that through his public journey, he has offered valuable lessons, even admitting that his mistakes might serve as cautionary examples for others.

Ed Brown first became widely known in 2020 through his appearance on season 4 of "90 Day Fiancé." Recently, fans witnessed him calling off his wedding to Liz Woods, a storyline that also unfolded on the show.