

Dove Cameron Reflects on Father's Death and Its Impact on Her Mental Health

Published on 05 Feb 2026 | By IFI Correspondent



In a poignant revelation, singer and actress Dove Cameron, now 30, opened up about the profound emotional toll of losing her father to suicide when she was just 15 years old. This loss not only shattered her world but also instigated a battle with what she describes as 'major phone anxiety.' Cameron's candid discussion sheds light on how a single moment can ripple through the fabric of one's life, altering perceptions and responses to future interactions.

During her heartfelt account, Cameron recounted the intense panic attack she faced upon receiving the devastating news of her father's death via phone call. The experience was overwhelming, leading to a visceral reaction characterized by a sense of suffocation as she struggled to breathe. This moment marked the beginning of a series of challenges with anxiety, particularly in relation to phone communication. The dread of receiving phone calls, which she associates with bad news, has lingered throughout her life, highlighting a significant aspect of her mental health journey.

Cameron's story is a stark reminder of the often unseen effects of trauma on individuals. The intersection of personal loss and mental health is a complex pathway that many navigate, but not everyone voices their struggles. By sharing her experience, Cameron aims to bring awareness to mental health issues, particularly the anxiety triggered by emotionally charged news. It is crucial to understand that many individuals, especially those who have encountered loss, can experience anxiety in various forms, manifesting in reactions that may seem disproportionate to the situation at hand.

Furthermore, this evolution in her emotional landscape prompts a broader conversation about mental health resources and support systems that need to be in place for young adults facing similar challenges. Cameron's transparency in addressing her struggles not only fosters a sense of community among those battling with mental health but also encourages dialogues around coping mechanisms and the necessity for open discussions about loss and anxiety. As she continues to process her grief and anxiety, her story serves as an empowering beacon for others, promoting the idea that it is okay to talk about mental health and seek help.