

# Pink Reveals She and Husband Carey Hart Have Been in Couples Counseling for Nearly 17 Years

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By [Jeff Nelson](#)

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"There's no book that says, 'Here's how to do this,'" Pink said in an interview with the *Today* show

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[Pink](#) is getting real about mental health — and her marriage.

In a new interview with [Carson Daly](#) for the *Today* show airing Friday, the pop star reveals she and her husband Carey Hart have been in therapy for nearly their entire relationship.

"Carey and I have been in couples counseling almost our entire 17 years that we've been together," the singer, 39, said in the interview, airing Friday on the NBC morning show.

Earlier this year, the pair — who share daughter Willow Sage, 7½, and son Jameson Moon, 2 — celebrated their [13th wedding anniversary](#). But Pink and Hart, 43, have weathered their fair share of public drama. In 2008, they [announced their separation](#) — which fueled her emotional breakup album *Funhouse* — but [they reconciled](#) the following year.

TOMORROW: [@Pink](#) discusses mental health issues with [@CarsonDaly](#): "I think talking about it is the most important thing."

For more of Daly's interview tune in tomorrow to [@TODAYshow](#). [pic.twitter.com/ooN3Dxkv24](https://pic.twitter.com/ooN3Dxkv24)

— NBC News PR (@NBCNewsPR) [April 25, 2019](#)

And the "Walk Me Home" singer says counseling saved their marriage.

"It's the only reason we're still together. He speaks Polish, I speak Italian, and she speaks both. We don't speak the same language," Pink (real name: Alecia Moore) said. "We come from broken families, and we had no model for: How are we supposed to keep this family together and live this crazy life? And there's no book that says, 'Here's how to do this.' So we go to counseling, and it works."



*Pink, Carey Hart, Willow Sage and Jameson Moon -- Steve Granitz/WireImage*

In the same sit-down, the Grammy winner — whose new album *Hurts 2B Human* drops Friday — opened up about managing her mental health.

“I’m hopeful that the taboo of it is all going away, because more and more people are talking about it. I think talking about it is the most important thing and I know that anxiety is like, the number one thing that kids now are going through,” she said.



*JB Lacroix/WireImage*

Pink added: "For my generation I feel like it was depression and suicide and suicide is super prevalent still, but now it's like it comes from a place of anxiety. And I get that, I fully understand that and I've been depressed, I have anxiety. I over-think everything. But what I do is I keep the right people around me, and I go to therapy."