

# WHO'S AFRAID OF VIRGINIA WOOLF? SHE WAS.

On morning  
Virginia Woolf  
walked down to  
a river, lit a bar pocket with  
cigarettes and drowned herself.

She was 39.

Suffering from manic  
depression all her life, she couldn't  
bear the fact that she might have  
another episode, so a final letter  
to her husband released

"Dear, I feel certain I am  
going mad again. I feel we can't go  
through another of those terrible  
times. I don't think two people  
could have been happier all this  
terrible disease came...I can't go  
on spoiling your life any longer!"

Woolf - writer, novelist  
and director was a member of the  
famous "Bloomsbury Group".

This included the likes of John  
Maynard Keynes and EM Forster.  
They were people who had an  
obsession with beauty.

Looks, then, that Woolf's own  
view of the world was often as ugly  
as mine. No specific treatment  
was available during her life, but  
there are no national records.

Five breakdowns at 15, then  
others at 22, 28 and 30.



Virginia Woolf (1882-1941) wrote of her manic depression "One brief day  
doubtless I am in my element - inspired and gay, all instant quiet, serene order."

From 11 to 33 she was as ill that  
permanent insanity was feared.

More than twenty years later  
she believed that only words could  
take away the pain. The problem  
was she could no longer write.

If Woolf had been alive today,  
however, she might not have had  
to endure the tortures of psychotic  
mania and depression. Epilim may  
well have been the answer.

It's effective across various  
stages of mania and is generally  
well tolerated. Importantly, the  
effects can be felt in as little as  
three days.<sup>1,2</sup>

So for someone suffering from  
bipolar disorder today, there's a lot  
less to be afraid of.

## EPILIM<sup>®</sup>

Helping make bipolar disorder history

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1. Meltzer, D. R., et al. "The efficacy of divalproex sodium in the treatment of acute mania." *Journal of Clinical Psychiatry*. 1995;56(10):1000-1006. 2. Meltzer, D. R., et al. "The efficacy of divalproex sodium in the treatment of acute mania." *Journal of Clinical Psychiatry*. 1995;56(10):1000-1006.