Who's afraid of Virginia Woolf?

She was.

On Monday, Virginia Woolf walked down to a river,  filled her pockets with stones and drowned herself.

She was 38.

Suffering from mental depression all her life, she couldn’t bear the fact that she might have another episode, so she wrote a final letter to her husband, Leonard:

“Dear, I feel certain I am going mad again. I feel we can’t go through another one of those terrible times. I don’t think two people could bear being happy after such terrible times. I can’t go on like this any longer."

Woolf — writer, essayist and critic — was a member of the famous Bloomsbury Group.

This included the likes of John Maynard Keynes and EM Forster.

They were in some ways linked by beauty.

In fact, that’s what Woolf’s own view of the world was often so ugly.

Because no specific treatment was available during her lifetime, her illness ran its natural course.

From 1911 to 1917 she was in ill health that permanent insanity was feared.

More than twenty years before the institution of the Royal College of Physicians began to take away the pain, the problem was that she could no longer write.

If Woolf had been alive today, however, she might now have lived to endure the torture of psychiatric illness and depression. Epilim may well have been the answer.

It’s effective against various forms of stress and is generally well tolerated. Importantly, the effect can be felt in twelve as three days.

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

Virginia Woolf (1882-1941) was one of her many depressions. "I have been

depressed longer than I can remember..."

Suicide prevention. Please seek the advice of a doctor or mental health professional.