



# LONELINESS AND MENTAL HEALTH IN HISTORY

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# Loneliness and creativity

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I have entered into a sanctuary ... of great agony once; and always some terror; so afraid one is of loneliness; of seeing to the bottom of the vessel [but then I reach] “reality”: a thing I see before me: something abstract; but residing in the downs or sky; beside which nothing matters.

Virginia Woolf (1882-1941)

# Lonely bodies and 'mental' health

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'I don't know why people think of hell as a place where there is heat and fires are burning. That is not hell. Hell is if you are frozen into a block of ice. That is where I have been'.

Unnamed patient of Frieda Fromm-Reichmann  
(1889-1957)

