

***Visual and narrative  
storytelling as a  
medium for health***

**STORYTELLING  
REVISITED**

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## SUICIDE: A SILENCED DEATH

**Suicide** is a [global phenomenon](#) (Matsubayashia, 2011).

Approximately [800,000 people](#) die of suicide each year in the world, the number of suicide attempts is 20 times greater (WHO, 2014).

In Europe, suicide is the [second leading cause of death](#) among people aged 15-35 (WHO, 2009).

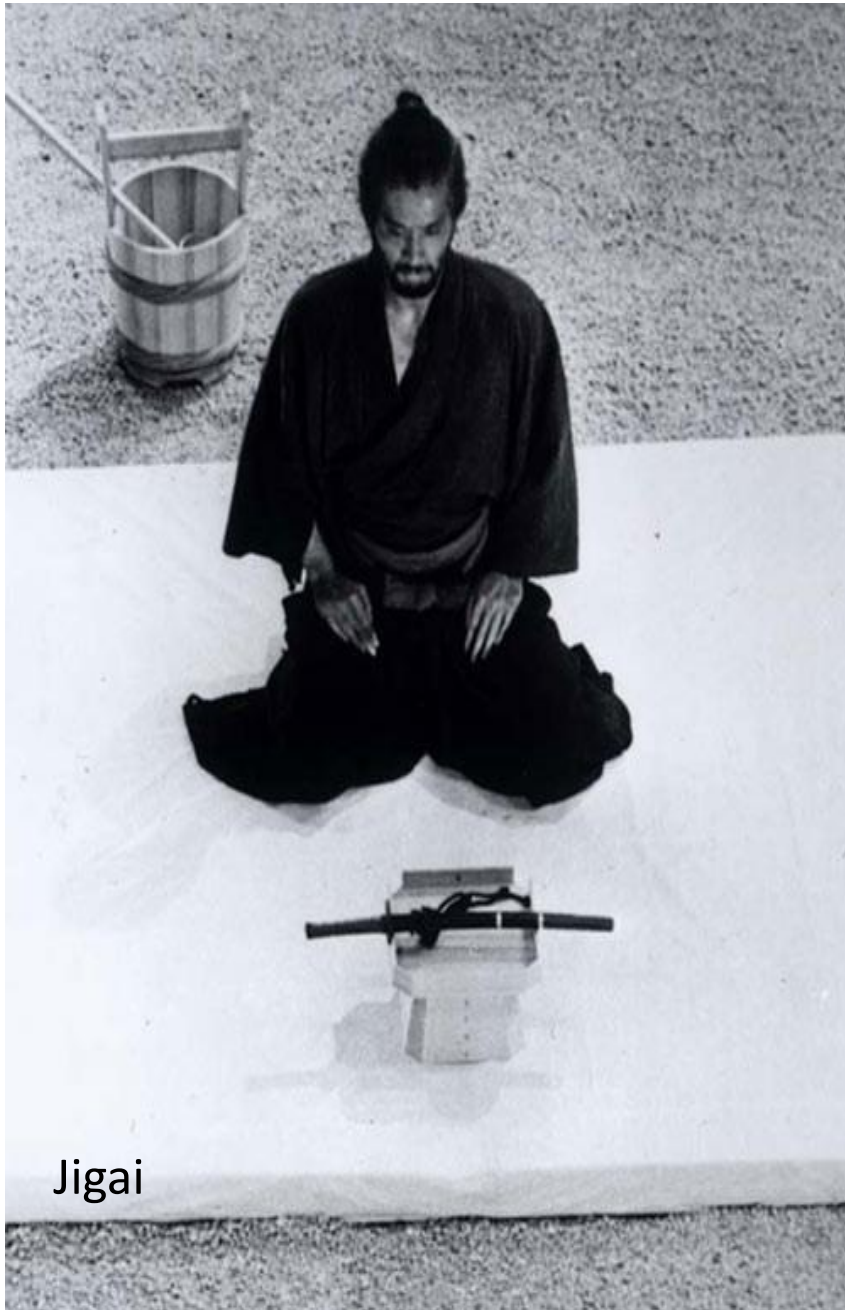
In the [Mental Health Action Plan 2013-2020](#) WHO Member States committed to reduce national suicide rates by 10% by 2020 (WHO, 2013).



Trahitur Willy de marisco miles ad paribulum.



Suicide: a cultural based story. Suicide in the Middle Age.



Jigai

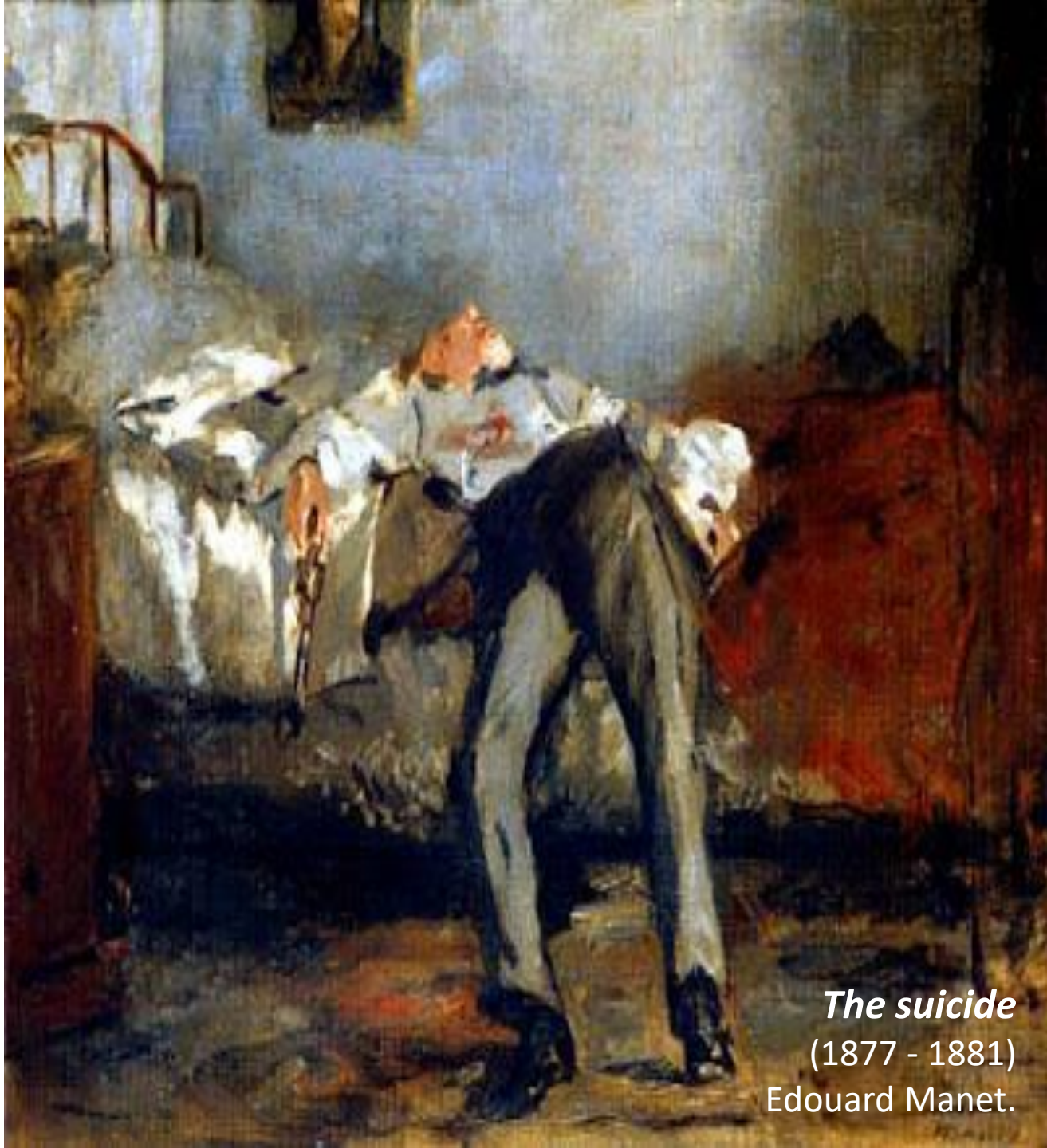




***Lucrecia***  
(1530)  
Lucas Cranach  
The Elder



*Suicide of Cato.*  
(1650-76)  
Giovanni Battista  
Langetti



*The suicide*  
(1877 - 1881)  
Edouard Manet.



*Picture of a woman  
about to commit  
suicide*  
(2009)  
Rosie Taylor





"I feel like I'm going to go crazy again. I think we can not go through one of those terrible times again.

And I can not recover this time.

I begin to hear voices, and I can not concentrate.

So I do what seems the best I can do.

You have given me the maximum happiness possible.

You have been in every way all that anyone could be.

I think two people can not be happier until this terrible disease came.

I can not fight any more".

**Virginia Woolf**

**(Goodbye note to her husband)**



The question of suicide is the most important question in philosophy. It is the question about the meaning of life.

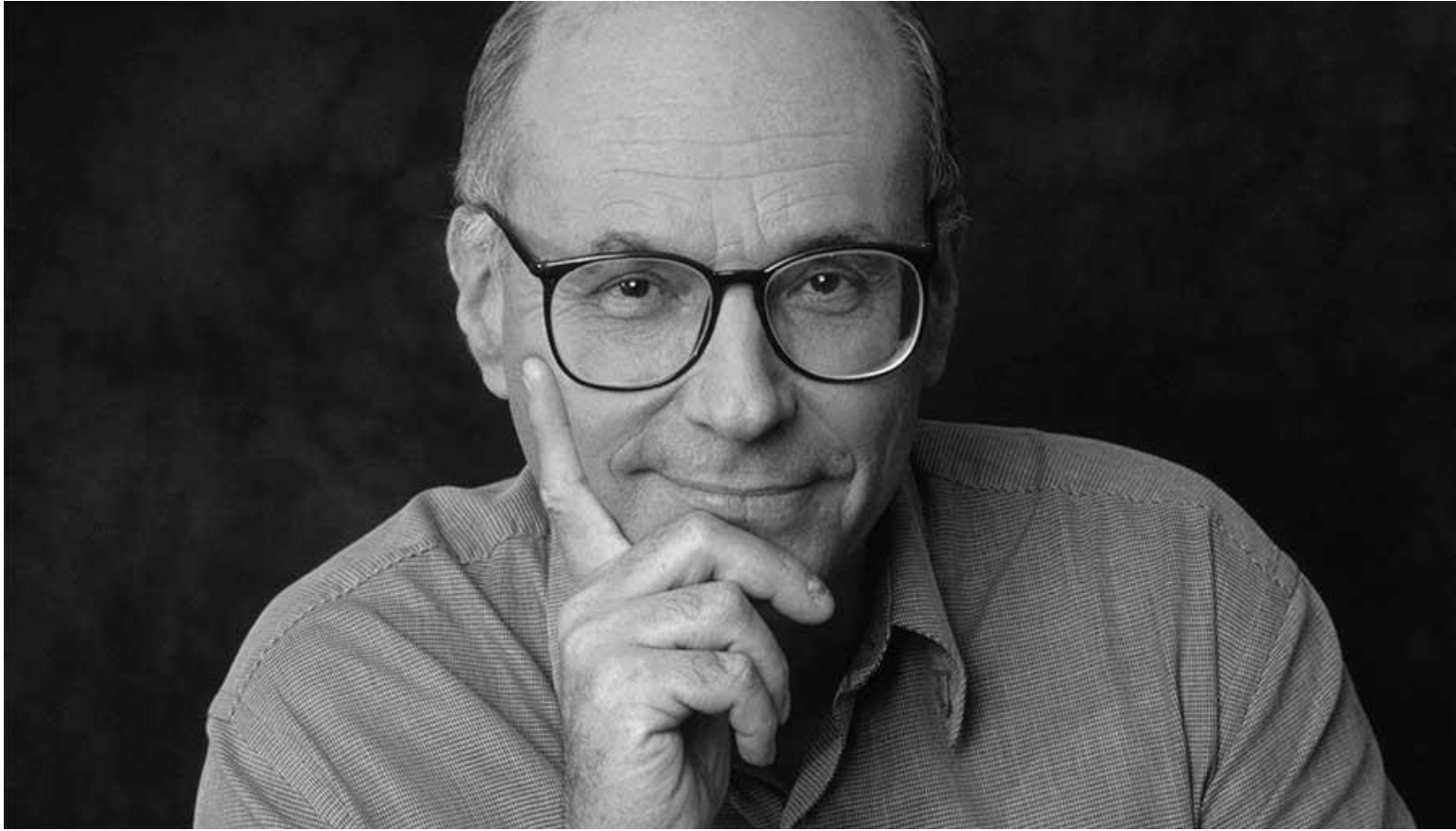
Albert Camus,  
the Myth of Sisyphus.

And meaning creation is about **narratives/stories**.

# Victor Frankl's logotherapy

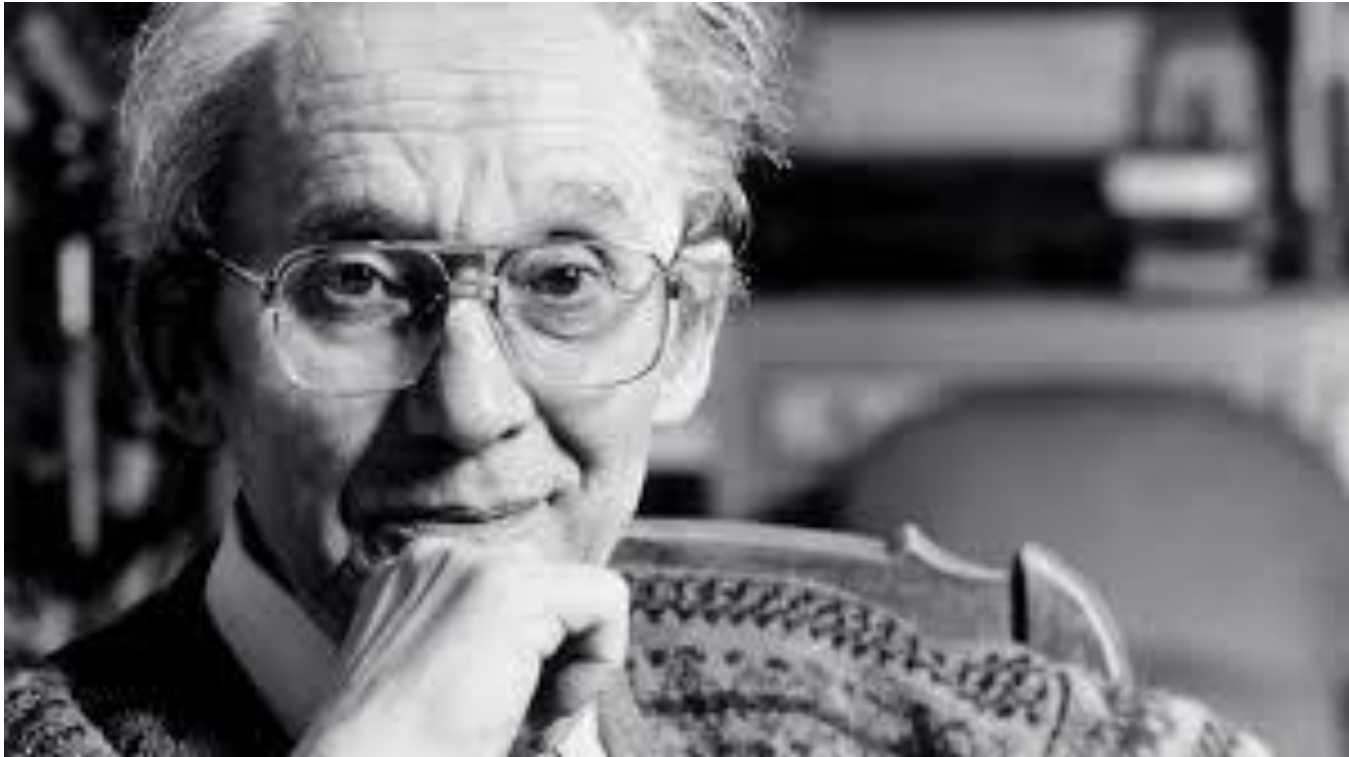


# Boris Cyrulnik's resilience



# **Paul Ricoeur's Philosophy of Action**

**The capable human being', a  
dialectic of action and narration**



## Paradigm

- **Hermeneutic (Paul Ricoeur)**
- Critic

## Method

- **Life histories**

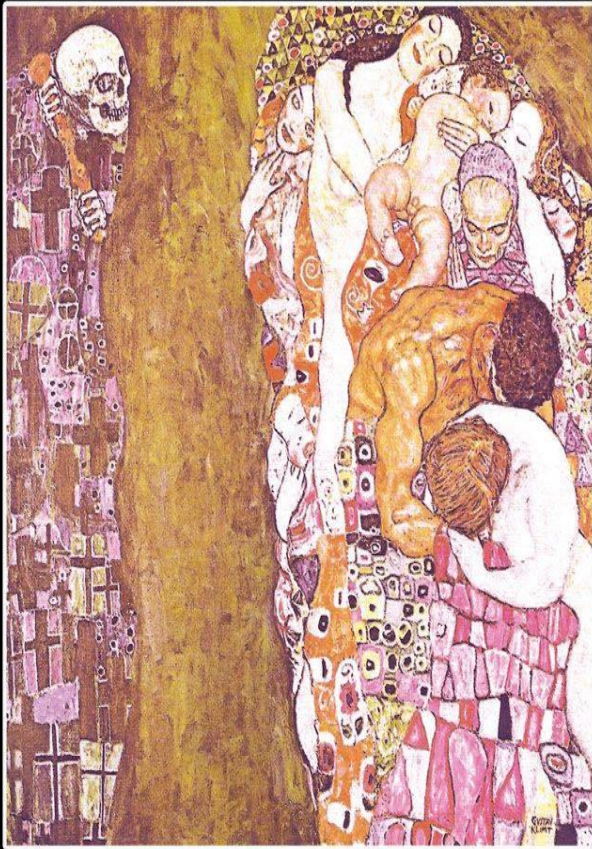
Sociology of  
emergences  
(Sousa Santos)

## Technique

- In depth interviews

# Suicidio y vida

Historias de vida de personas con  
antecedentes autolíticos



Salvador Simó  
Carlos Peña  
Francesc Arrufat

  
Editorial Círculo Rojo

## 1. Prologue

### 1. Theoretical framework

#### 1.1. Health

#### 1.2. The person with mental illness

#### 1.3. Suicide

## 2. Research

### 3. Life stories

#### 3.1. Sebastian, the sense of justice

#### 3.2. Frida, I want you to think of a girl.

#### 3.3. Yanka, life from an orphanage

#### 3.4. Javier, a divorce in the memory

#### 3.5. Julia, life begins after drug consumption

## 4. Parallel Life Stories

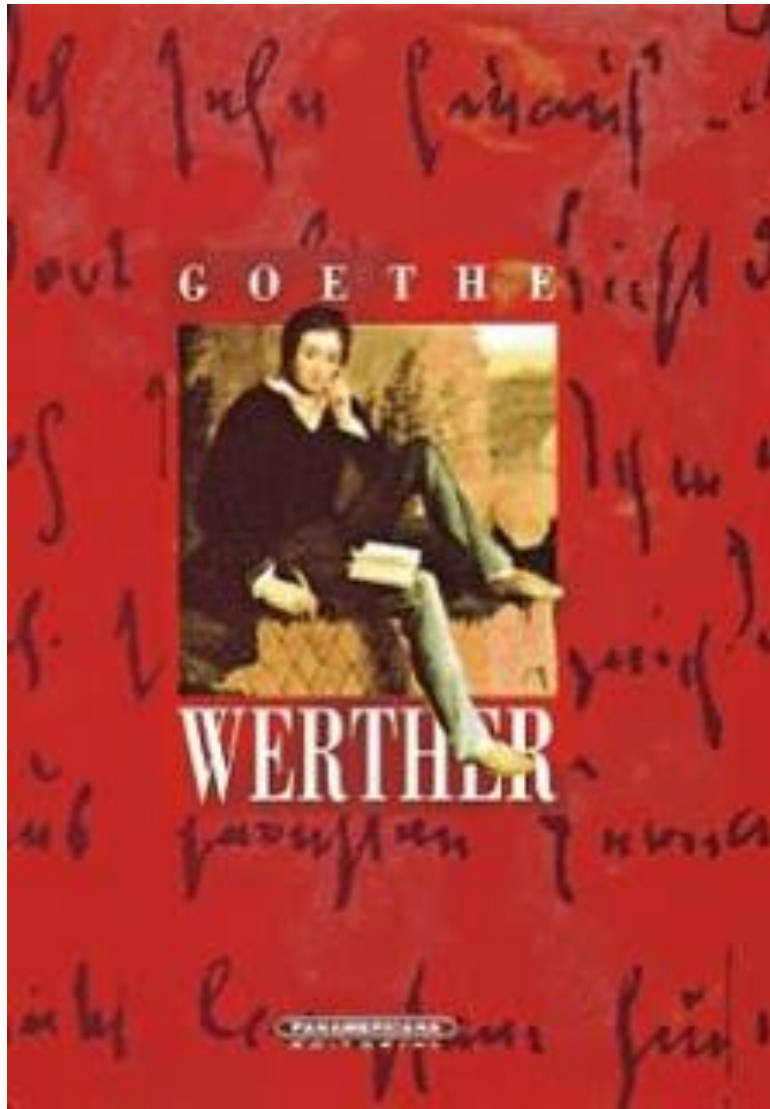
## 5. Discussion

## 6. Conclusions

## 7. Epilogue

## Bibliography

# Werther VS Papageno's effect





## **SEBASTIAN. THE MEANING OF JUSTICE.**

"I did not expect my mother to shoot me. She shot me on the shoulder.

My mother killed me.

She killed trust.

Shee killed my smile.

She killed my desire to live"



## **JULIA. LIFE STARTS AFTER DRUG COMSUMPTION**

"The second attempt of suicide was with heroin, I consumed a lot of heroin.

I tried to destroy myself, I did not want to be more involved in life, because I was pregnant and I lost the child".



**FRIDA.**

**I WANT YOU TO THINK IN  
THAT CHILD THAT HAS BEEN  
SEXUALLY ABUSED...**

"If my daughter would tell me that she wants to die...

My advice to her would be to fight, to have a family. She was my reason to live, I fought for her and I continued to live for her. "

It has been the most powerful therapeutical experience... First time I have been listened...

# CONCLUSIONS

1. **Childhood trauma** is a risk factor for suicide attempts.
2. **Resilience** ability determines the response to trauma.
3. Suicide appears as an **escape from the lack of meaning.**





4. **Social stigma** has to be addressed.

5. **Listening and peer support** are shown as protective factors for suicide.

6. It is very important to consider the **social determinants** of mental health.

7. **Advocacy-based health policies** should be prioritized from a community perspective.

*Drowning Girl* (1971)

Roy Lichtenstein



8. **Meaningful job** is a determinant of mental health and protective of suicide.

9. **Qualitative research** provides useful and complementary information, and has therapeutic potential in itself.

10. It is a priority to **empower people** to be able to develop a meaningful life project.

*Suicide IV* (1982)  
Paul Rebeyrolle

## Stories for social change...

- From victims to survivors
- From objects to subjects
- From passivity to action
- From silence to narratives/stories

We need to write a new narrative/story for Humanity, to build a more inclusive, healthy, humanistic and sustainable society.

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