



**Tennessee Suicide
Prevention Network**

"Saving Lives in Tennessee"

Tennessee Suicide Memorial Quilt
2011 - 2012

Our memorial quilts are sewn together from squares featuring people who have taken their lives. The quilts are visual reminders that speak to the hearts of viewers. The quilts are also messengers, reminding us that suicide needs to be prevented.

Who qualifies to be on the quilt?

Squares on the quilt feature people who lived in Tennessee or who have close family members in Tennessee.

Anyone who lives in Tennessee or who is involved with TSPN may submit a square.

How are squares made?

There are two sets of directions

1. Order a square to be made. (Directions are on the right.)
2. Make a square from scratch. (Directions are on back.)

Is there a charge to put a square on the quilt?

No. The quilt is an outreach project sponsored by TSPN, so there is no charge to anyone.

Where should the quilt square order be sent, or the completed quilt square?

E-mail: karylcb@bellsouth.net

Regular mail:
Karyl Chastain Beal
1107 Rip Steele Rd
Columbia, TN 38401

For more info, call Karyl at (931) 388-9289.

To see photos of the five memorial quilts that have already been created, go to the website link.
<http://tspn.org/quilt>.

Directions for Ordering a Quilt Square

Send the information below, along with one or two clear photos, to Karyl. (Photos may be e-mailed.)

~ Info needed ~

Your name
City/state
E-mail
Phone
Connection to person to be remembered

Name of person
Birth date and death date
City and state
A few interests of the person, career, things that might symbolize him/her on the quilt
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Directions for Making a Quilt Square

Materials needed:

Clear photos
1/3 yard of white or off-white muslin
1/3 yard of fabric for the border
Thread
Text: Write the name of the person, birth date, death date, and city and state.

Other preparation:

Locate a t-shirt shop or other printer who can heat-press your photo on to the muslin. It's wise to call or visit the shop in person to discuss the square with them so they understand what you need.

Directions:

1. Cut the border fabric on the grain to be 13" x 13."
2. Cut the muslin about 10" x 10" with a little bit extra to fold under.
3. Get the printer to put the photo and text on the muslin.
4. After the photo and text are printed on the muslin, place the square on the border fabric, center it, and sew it in place.