



American Foundation *for* Suicide Prevention

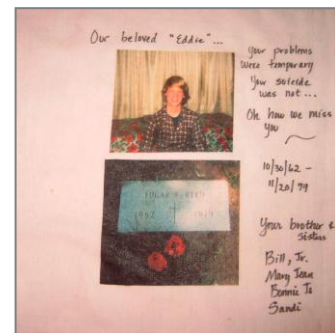
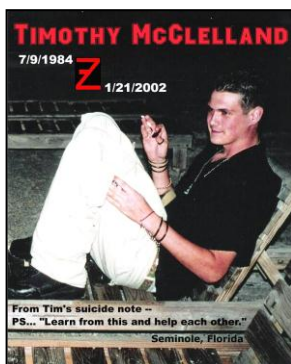
Lifekeeper Memory Quilt Program How to Make a Quilt Square

Before you begin, please read through these directions in their entirety so you get started out on the right foot.

Lifekeeper Memory Quilt squares typically feature one or more photographs of a loved one who has died by suicide, most often accompanied by the person's name, date of birth and date of death. A poem, quote, or other written remembrance may be added, as well as graphics or other artwork.

Quilts are displayed publicly for viewing by a wide range of people. To memorialize your loved one in a manner that educates the public about suicide and encourages help-seeking behavior, please don't include the method of suicide used, or write messages such as "we'll be with you soon" or "wishing I was with you". Research shows that this type of content can increase the likelihood of suicide in vulnerable individuals who might view the quilt. (To learn more about this topic, visit reportingonsuicide.org. And if you have any questions about what is or isn't appropriate to include, please contact AFSP at survivingsuicideloss@afsp.org.)

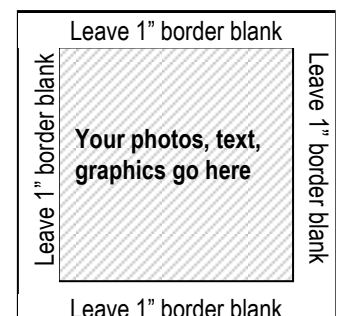
You don't need to sew and you don't need to worry about being creative. A simple quilt square with a photo and name can be just as powerful as something more visually complex. These examples are offered in order to give you ideas to start with – please don't feel restricted to using these specific layouts.



Important: Leave a 1 inch blank border around the entire edge of the fabric. This border won't be visible once the quilt is assembled.

Step 1: Decide What Your Square Will Look Like

Sketch your design and text on paper first. Because the quilt square is larger than a standard piece of paper, you may want to use a large artist sketch pad, a brown paper bag cut open, poster board, or even



the back of old gift wrapping paper. Remember, there will be a 1 inch blank border around the entire edge of the fabric. If your local Quilt Organizer gave you a 14x14 inch square, your design can be no larger than 12x12 inches.

Step 2: Select Photo(s)

Select one or more photo(s) of your loved one. They can be printed photos or digital photos. If you select a printed photo, it will need to be scanned into a computer to convert it into digital format. If you aren't able to do this yourself, don't worry; most copy shops (like Kinkos) or local photo shops will scan photos for a small fee. They can also enlarge, reduce, or crop photos as needed.

Step 3: Iron

Iron fabric square so it's wrinkle-free

Step 4: Putting it All Together Onto the Fabric Square

Transfer photo(s) to fabric:

Option A: If you're comfortable working with digital photos on your computer and you have an ink-jet printer, you can print photo(s) onto **iron-on photo transfer paper**. You then use an iron to transfer the photo(s) onto the fabric. Epson and HP both make iron-on transfer paper for ink-jet printers, and it can be purchased at most office supply or craft stores. Follow manufacturer directions carefully.

Option B: Bring Photo(s) to local shop: Photos must be in digital format in order to be transferred onto fabric. Many local photo shops, quilt shops, printers, or custom T-shirt stores can scan photos for you and transfer them onto the fabric square. If you have a digital photo, you can give it to them on disk or usb flash drive. Either way, make sure the fabric is wrinkle free and give clear instructions on the final size and placement of the photo(s) on the fabric square (taking into account the 1 inch blank border around the edge). It's a good idea to show the staff your rough sketch so they can easily understand what you want the final product to look like.

The following national chain store can transfer photos to fabric for you. You can also ask your local Quilt Organizer for information about local businesses that provide this service.

EmbroiderMe: Search for a local store at embroidme.com (click on "locations")

Add text and other optional images/artwork to fabric:

You may create these on your computer and have them transferred onto the fabric using the methods above, or you can add them directly to the fabric using fabric markers, fabric paint, iron-on letters, patches or appliqués, or even embroidery. Please refrain from applying glitter or sewing on charms. Glitter has a tendency to flake off and get everywhere and charms are easily torn off by accident or otherwise damaged.