Content Warning: This narrative contains messages about suicide, if this makes you uncomfortable please refrain from reading.

The topic I will be educating you on today is suicide awareness. According to the CDC over 49,000 people died by suicide in 2022, this equates to one death every 11 minutes. Another alarming fact is that over 12 million adults in the United States thought about committing suicide in 2021. However, there are multiple suicide and crisis lifelines such as 988, 988 has received over 23 million distress calls from people needing support when they need it most. The current state of this topic is a very disheartening epidemic. Thousands of people each year lose their battle to suicide. What is going on now that viewers should be aware of are their friends, family, and those around them who could be experiencing depression. The avenues that are being pursued to make change with this issue are numerous suicide hotlines and also call centers that people can go into to get help that they need. In the United States alone, there are over 200 crisis centers, according to 988. What I believe viewers should know about this issue is that it's a very serious issue. If someone does need help and you see warning signs make sure they get the help they need so they can be better suited for their future. The reason that I chose this topic is to better educate multiple people on suicide awareness and to help them understand how big of an issue it is and figure out ways to solve it and prevent innocent deaths. Another reason I chose this topic is because suicide awareness is huge for me since I had some friends who were very depressed and had thoughts about suicide when I was younger. With my friends and I knowing the suicide awareness and what certain factors could play into the depression, we were able to find them a great resource and get them help. My friends who were dealing with depression and suicidal thoughts are still here today and I am forever so thankful I knew about suicide awareness and was educated by healthline.com on ways to help them prevent a suicide attempt.

The images that I've incorporated in my design on my quilt are the numbers 23,49 and 988. The number 23 symbolizes the 23 million calls made to 988 the suicide and crisis hotline in 2022. The 49 symbolizes the 49,000 deaths in 2022 from suicide, like I mentioned earlier the 988 symbolizes the suicide and crisis hotline. Some of the images that I've incorporated in my design on my quilt are the colors of You Matter. The You is teal and the Matter is purple, Teal and Purple are the colors of suicide awareness so the color choice is very intentional. Then the last piece on my quilt I'll be talking about is the big red heart. The big red heart on my quilt symbolizes the love from everyone in the world and shows that you truly matter and that you are loved. No matter what happens people will always be there for you with open arms and love in their hearts. One of the materials that I have incorporated into my design is embroidering. Embroidering stands out with the letters and the border around the quilt. I wanted the letters and the border to be very visual, so I used thick embroidery thread instead of regular thin thread. Also, the big red heart is fully embroidered on the outside and the inside. The bright red heart really pops out to the eye. By having thicker thread and embroidering brings out the message and shows the importance of the piece. I also used regular thin thread to stitch in the numbers 23,988

and 49. The reason that I incorporated this in my design is so that you won't be able to see the thread around the numbers, but instead just see the numbers by themselves. The numbers that I used were varsity numbers which are nontraditional materials that can be sewn on. The reasoning behind this design, and why I did it is because I wanted the numbers that have such great and powerful meaning to be in the quilt. Seeing the numbers makes you question what the numbers mean. Then listening and reading into the narrative you understand and learn what the numbers mean. Thank you so much for taking the time out of your day and learning more about suicide awareness. Always remember you are always loved and YOU MATTER.

Citations

"By the Numbers." 988 Suicide & Crisis Lifeline. Accessed August 27, 2024. https://988lifeline.org/by-the-numbers/.

Kerr, Michael. "Dealing with Suicidal Thoughts: Everything You Need to Know." Healthline, August 29, 2023. https://www.healthline.com/health/depression/suicidal-thoughts#:~:text=In%20fact%2C%20over%2012%20million%20adults%20in%20the,the%20Centers%20for%20Disease%20Control.

"Suicide Data and Statistics." Centers for Disease Control and Prevention. Accessed August 27, 2024. https://www.cdc.gov/suicide/facts/data.html.