

Empty Shoe Memorials symbolize the loss of someone who died. Displaying significant items that belonged to the loved one can be powerful.

Empty shoes are especially moving because it is easy to imagine the people who wore and shaped them walking their life's path. Each shoe has a personality; an imprint of the foot that wore it. The only thing missing is the owner, gone before their "time". That void transcends the physical. In numerous ways, the loss impacts heavily on the emotions of those left behind.

Publicly acknowledging the loss of a loved one, and sharing in the grief with others can be an important step in the healing process. It helps us to express our deepest feelings and thoughts as we connect with others for remembrance and solace.

It helps you remember your loved one and the relationship you have with them. When you recall a loved one's life and all the moments and experiences you shared, that person lives on in your memories and stories even though they're no longer physically with you.

The Fayette County Suicide Prevention Task Force invites you to share your "Empty Shoe" memorial through social media. Take a photo and post it to FaceBook, Twitter or Instagram with either of the following hashtags:

#FAYETTEEMPTYSHOES

#LOSTSOLESFAYETTE

Please submit your post during National Suicide Prevention Week, September 10-16, 2017.

Additional information about Suicide Prevention can be found at PAYSPI.org and suicidepreventionlifeline.org.

EMPTY SHOES

