



# Japan Suicide Countermeasures Promotion Center

## Report on suicide countermeasures in Japan from the WHO Mental Health Forum 2024

The WHO (World Health Organization) held the “Mental Health Forum” over two days, on October 9 and 10, 2024, at its headquarters in Geneva, Switzerland, in conjunction with World Mental Health Day on October 10th. The forum was attended by over 200 participants (including those online), such as government officials, staff from international organizations, NGO representatives, and researchers, working in the field of mental health. At the request of the WHO, Yasuyuki Shimizu, Representative Director, and Yuka Nishina, Head of the Office for International Cooperation, attended in person from the JSCP, a WHO collaborating center focused on suicide countermeasures. They reported about efforts being made in Japan for suicide countermeasures to help young people.

In his opening speech on the first day of the forum, Tedros Adhanom Ghebreyesus, Director-General of the WHO, emphasized the importance of “Mental Health at Work,” which was the main theme of this year’s Mental Health Day. He also explained the need to overcome mental health biases and the importance of global action. Next, there was a report on efforts being undertaken by the WHO in collaboration with other international organizations, including joint programs with UNICEF (United Nations Children’s Fund) designed to improve the mental health of young people, the launch of a research team on mental health in Ukraine by The Lancet medical journal, and guidelines for mental health at work created jointly with the ILO (International Labour Organization).

On the second day, efforts in different countries and activities by each WHO regional office were introduced, and future policies were also shared. During the session on suicide countermeasures, Shimizu of the JSCP reported on the efforts being made in Japan for young people. In his report, he stated, “After the Basic Act on Suicide Countermeasures was enacted in 2006, the suicide rate in Japan has gone down by about 35%.” However, the suicide rate among children and youth is on the rise. Therefore, the Japanese government intends to actively promote suicide countermeasures for children and youth as a top priority. Meanwhile, sufficient efforts have not been implemented nationwide, and issues such as securing funds and addressing the personnel shortage remain.” During this session, there was also an interactive discussion on suicide countermeasures from a wide perspective, including the role of social media, ways to strengthen support systems, and the importance of data collection.

The WHO showed great interest in the suicide countermeasures being implemented in Japan and the efforts by the JSCP, and requested that Japan contribute by sharing information about these efforts internationally. The JSCP aims to collaborate on global suicide countermeasures and will continue to act as a cooperating center for the WHO.



Shimizu, JSCP Representative Director (far left), and Nishina, Head of the Office for International Cooperation (2nd from the right), in attendance at the WHO Mental Health Forum 2024.



Shimizu reported on suicide countermeasures for young people during the session about suicide countermeasures on Day 2.

■ More information about the WHO Mental Health Forum 2024

- [WHO Director-General's opening remarks at the WHO Mental Health Forum - 9 October 2024](#)
- [Global Mental Health in Motion: Looking Back, Looking Forward](#)