



Newsletter Vol.34 (Aug 05, 2024)

Japan Suicide Countermeasures Promotion Center



Thank you for registering for this newsletter of Japan Suicide Countermeasures Promotion Center (JSCP). In this issue, we report on Minister of Health, Labour and Welfare Keizo Takemi's visit to the JSCP office, and the presentation of the foundational materials developed in collaboration with the Japan Association of Obstetricians and Gynecologists to prevent suicides among pregnant and postpartum women. We also cover the joint training session hosted by JSCP and the Ministry of Health, Labour and Welfare, and the 7th Study Meeting on Suicide Coverage, in addition to a "Staff Interview" with General Affairs Manager Yoshio Morino.

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1. **Minister of Health, Labour and Welfare Keizo Takemi Visits the JSCP Office on Friday, July 26**

On Friday, July 26, 2024, Minister of Health, Labour and Welfare Keizo Takemi visited the offices of JSCP and the NPO LIFELINK Suicide Prevention Support Center.

At the beginning of the visit, Minister Takemi reflected on the progress made since 2005 in developing a framework for suicide countermeasures, led primarily by bipartisan members of the House of Councillors. This was followed by a poignant moment where he and Representative Director Shimizu shared their experiences. Afterward, Minister Takemi extended his visit beyond the scheduled time, spending over an hour at both LIFELINK's counseling site and the JSCP office, where he received detailed briefings.

At the press conference following the visit, Minister Takemi told the accompanying reporters, “After overcoming so many obstacles over the past 20 years, it feels like we’ve finally reached this point. Since the start of operations in 2020, the JSCP system has been significantly improved, but I hope they will continue to strengthen collaborations with prefectures, municipalities, the National Police Agency, and relevant ministries. Based on this foundation, I hope they will make a substantial contribution to suicide countermeasures in our country.”



Minister Keizo Takemi shares his thoughts on suicide countermeasures

■ Photos from the day’s events are also featured in the Ministry of Health, Labour and Welfare’s [photo report](#).

2. Event Report: Joint Training Session with the Ministry of Health, Labour and Welfare Held for Local Government Officials

On Thursday, June 27, 2024, JSCP and the Ministry of Health, Labour and Welfare held an online training session for staff at local governments and others involved in building collaboration between suicide countermeasures and support systems for people in financial distress. The aim was to enhance coordination between relevant departments to achieve comprehensive support for living, addressing both the feeling of wanting to die and the underlying issues such as financial difficulties. Approximately 900 participants, including local government suicide countermeasures officers and public health centers across Japan, as well as staff and stakeholders involved in support systems for people in financial distress (including projects related to multi-layered support systems), attended the session.



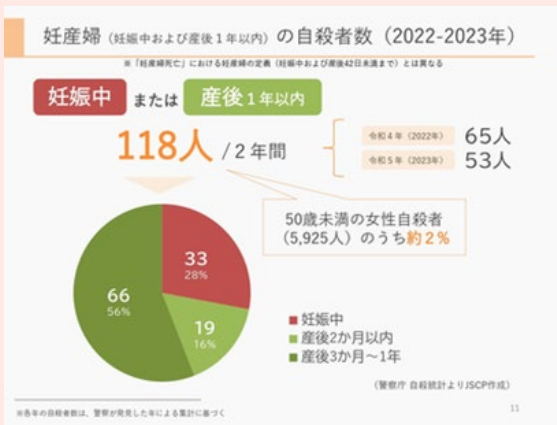
The following individuals attended the training session (from left to right in the photo): Sho Osato, Deputy Section Chief, Health and Welfare Division (Comprehensive Welfare), Nishiyodogawa Ward Office, Osaka City; Nahoko Maeda, Advisor (Suicide Countermeasures), Minister’s Secretariat, Ministry of Health, Labour and Welfare; Takafumi Yoneda, Director, Support for Independence of People in Financial Distress Division, Social Welfare and Assistance Bureau, Ministry of Health, Labour and Welfare; and Yasuyuki Shimizu, Representative Director, JSCP

■ You can view the detailed report [here](#).

(Note: Titles are as of the time of the training session.)

3. Investigations & Research: “Crisis Among Pregnant and Postpartum Women: Revealing the Reality of Suicide through New Suicide Statistics items” Publication Now Available

On Wednesday, July 10, 2024, in collaboration with the Japan Association of Obstetricians and Gynecologists, JSCP created and published the report titled “Crisis Among Pregnant and Postpartum Women: Revealing the Reality of Suicide through New Suicide Statistics items.” This report follows the revision of suicide statistics items in January 2022, which added categories related to pregnancy and the postpartum period. With advice from the Japan Association of Obstetricians and Gynecologists, JSCP analyzed these new statistics and compiled this foundational material to aid in preventing suicides among pregnant and postpartum women. Following the release of this report, several major media outlets reported that at least 118 women had died by suicide during pregnancy or within one year postpartum, over the two-year period from 2022 to 2023.



まとめ

年代別の特徴

- 2022～2023年の2年間で、118人の妊産婦が自殺により亡くなっていた
- 妊産婦（妊娠中+産後1年以内）の自殺死亡率は7.7/10万出生であり、最も高いのが40-44歳で、次いで高いのが20-24歳だった
- 自殺死亡率は、妊娠中では20-24歳が、産後では40-44歳が最も高かった

自殺の背景

- 妊娠中・産後ともに、配偶者がある場合には家庭問題・健康問題が多かった
- 配偶者なしの場合は交際問題が多く、特に妊娠中でその傾向が顕著であった

なお、以上の所見は、2022～2023年の2年間のデータに基づくものである。継続的なデータの観察と、妊産婦の自殺対策の更なる推進が求められる。

■ You can view the presentation materials [here](#).

4. Event Report: The 7th Study Meeting on Suicide Coverage

On Thursday, July 18, 2024, from 1:30 PM to 2:30 PM, JSCP held the 7th Study Meeting on Suicide Coverage online. Unlike the previous six meetings, which were held on weekends and lasted approximately two hours, this was the first meeting conducted on a weekday with a one-hour program. The theme was “Understanding the Basics: What Should Be Done in Suicide Reporting?” The session focused on clearly explaining the fundamentals of suicide coverage within the one-hour format.



As a result, many participants joined the meeting not only from the field of journalism and TV program director but also from administrative departments. In addition, over 80% were first-time attendees, and nearly 60% were from regional broadcasters or local newspapers. This provided an opportunity to widely inform media professionals across the country about suicide coverage.

■ You can view the detailed report [here](#).

5. Investigations & Research: Registration for the “Les Halles of Suicide Countermeasure Promotion” Now Open

JSCP operates the “Innovative Research Program on Suicide Countermeasures,” a comprehensive research program on cross-sector suicide countermeasures as outlined in the General Principles of Suicide Countermeasures Policy. We will soon hold the Les Halles of Suicide Countermeasure Promotion, featuring the interim and final results presentations for FY2023 commissioned research by the research representatives.

The event will be held online over three days, divided by the following research areas. The application deadline is Sunday, August 25.

Domain 1: Suicide Countermeasures for Children and Youth: Friday, September 20, 2024, 1:30 PM – 4:45 PM

Domain 2: Analysis and Approaches for High-Risk Suicide Clusters: Monday, September 2, 2024, 1:30 PM – 3:45 PM

Domain 3: Utilizing Big Data and AI in Suicide Countermeasures: Wednesday, September 11, 2024, 10:00 AM – 12:15 PM

■ For registration and details, click [here](#).

6. Awareness: JSCP’s Awareness Content for September’s Suicide Prevention Week

JSCP has created and compiled awareness videos, websites, posters, and other resources for use during September’s Suicide Prevention Week. All content is managed under JSCP’s copyright, making it available for a wide range of uses, including print publications, broadcasts, public facility displays, and online media or social media. Please feel free to contact us for more information and to make use of these materials.

- 1) Children and Youth: “Student Short Film Contest on Suicide Prevention 2023” – 30-second videos, with four award-winning pieces
- 2) Children and Youth: Digest version of “#chatsafe for parents and carers”
- 3) Self-Care Web Resource: “Online Sanctuary for Mental Health”
- 4) Awareness content for suicide countermeasures among middle-aged and older men
- 5) Related Video: “Step Closer” – Creating Hope through Action

Resources: Information on “Suicide Prevention Week” and “World Suicide Prevention Day”

■ You can view the complete list of these resources on [this page](#).

7. Children and Youth: Digest Version of “#chatsafe for parents and carers” Now Available

JSCP has collaborated on the creation and publication of the Japanese version of the “#chatsafe for parents and carers Edition Two” guidelines, originally developed by the Australian nonprofit organization Orygen. These guidelines are designed to help young people communicate safely online about self-harm and suicide. Therefore, we have created a digest version that summarizes the key points, as well as a leaflet that condenses the essential information. The period following summer vacation is known to be a time when the risk of suicide among primary, secondary, and high school students increases. We encourage you to make use of these resources alongside the full version.

■ You can view the introduction page for both the digest version and the full guidelines [here](#).

8. JSCP Staff Interview: Manager of General Affairs Department, Yoshio Morino

In future editions of the JSCP newsletter, we plan to regularly feature staff interviews to give you a deeper understanding of JSCP's initiatives. We will begin by introducing the directors of the four departments that make up JSCP, starting with Yoshio Morino, Manager of General Affairs Department.

<Profile> (Yoshio Morino)



Born in Osaka, Morino registered as a lawyer with the Tokyo Bar Association in 1988. He has a strong interest in supporting minorities and has been involved in juvenile cases, child rights advocacy, LGBTQ issues, drug addiction problems, and matters concerning the elderly and mentally ill. He established his private practice in 2009, served as the Chairman of “Tokyo Inochi no Denwa” from 2010 to 2016, and was Executive Director of the “Japan Federation of Inochi no Denwa” from 2015 to 2021. Since 2017, he has been a Director of the “NPO Japanese Association of Mental Health Services.” Morino joined JSCP in May 2020, where he has held various positions, including Assistant Center Director, and has served as General Affairs Director since April 2024.

■ You can read Morino's interview, titled “We Want to Be an Organization That Values ‘Voices from the Field,’” [here](#).

9. Report: Agreement Signed with the National Center of Neurology and Psychiatry on Copyrighted Works

On Friday, July 19, 2024, JSCP signed an agreement with the National Center of Neurology and Psychiatry (NCNP), transferring the copyrights of works previously created by the Suicide Countermeasures Center (CSP) and the Japan Support Center for Suicide Countermeasures (JSSC), which were once established as national institutions under the NCNP. These works are invaluable resources for advancing suicide countermeasure efforts in Japan, and JSCP now holds the authority and responsibility to effectively and appropriately utilize these materials going forward.

■ Training videos are gradually being uploaded to the YouTube “JSCP_PR Office” channel

<https://www.youtube.com/channel/UCNWP2O5zTuul-j8GITeKzHQ>

■ JSCP shares articles on suicide issues and countermeasures via Yahoo! News Expert

(Written by Ms. Kaoru Yamadera, Head of Public Relations Office at JSCP)

<https://news.yahoo.co.jp/byline/yamaderakaoru>

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