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Newsletter Vol.35 (Sep 05, 2024)

Japan Suicide Countermeasures Promotion Center



Thank you for registering for this newsletter of Japan Suicide Countermeasures Promotion Center (JSCP). September 10 is World Suicide Prevention Day, and September 10 to 16 is Suicide Prevention Week. In this issue, we report on a joint message from three ministers calling for cooperation on suicide countermeasures, announced by the government on Tuesday, August 27, as well as meetings held in collaboration with the Ministry of Health, Labour and Welfare, the Ministry of Education, Culture, Sports, Science and Technology, and the Children and Families Agency. In addition, we will also share the “#Nigekatsu” (escape activities) awareness kit for children and youth provided by JSCP, as well as a “Staff Interview” with Natsuko Komaki, Manager of the Department for Promoting Local Collaboration.

※ This e-mail is sent to those who requested to receive this newsletter or provided us with the contact information through our activities.
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Suicide Prevention Week

September 10 to 16 is Suicide Prevention Week. The first Suicide Prevention Week in Japan was in 2007. In the first General Principles of Suicide Countermeasures Policy (2007) formulated based on the Basic Act on Suicide Countermeasures (2006), it was established that the week starting from World Suicide Prevention Day on September 10 (since 2003) would be designated as Suicide Prevention Week.

World Suicide Prevention Day

September 10 is World Suicide Prevention Day. The first World Suicide Prevention Day was the first day of the World Suicide Prevention Conference (Stockholm, Sweden) jointly organized by the World Health Organization (WHO) and the International Association for Suicide Prevention (IASP) in 2003. On that day, a commitment (declaration) was made to tackle suicide prevention measures worldwide. Since then, activities have been continuing every year to raise awareness of the importance of suicide countermeasures among government agencies and the public. World Suicide Prevention Day has been expanding its activities year by year. Recently, campaigns aimed at raising awareness of suicide countermeasures have been conducted in more than 60 countries.

- The reference page is [here](#).

1. [Suicide Prevention Week] Joint message issued by the Minister of Health, Labour and Welfare, the Minister of Education, Culture, Sports, Science and Technology, and the Minister of State for Policies Related to Children and Minister of State for Measures for Loneliness and Isolation

On Tuesday, August 27, 2024, the government issued a joint message from Minister of Health, Labour and Welfare Keizo Takemi, Minister of Education, Culture, Sports, Science and Technology Masahito Moriyama, and Minister of State for Policies Related to Children and Minister of State for Measures for Loneliness and Isolation Ayuko Kato in preparation for Suicide Prevention Week, starting September 10. At the same time, they announced the initiatives of related organizations during this period.

<Message Summary>

If you have worries or you are troubled, please don't keep it to yourself. Consult someone close to you, or contact a consultation service by phone or social media. Also, if you feel that someone close to you is acting differently than usual, please try to talk to them.

In particular, children may feel anxious or worried before and after long vacations. Everyone involved with children should notice the small signs from them and listen to their voices of anxiety and worry.

- The full text of the message from the three ministers is available on the website of the Ministry of Health, Labour and Welfare.

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/hukushi_kaigo/seikatsuhogo/jisatsu/r6_shukan_message.html

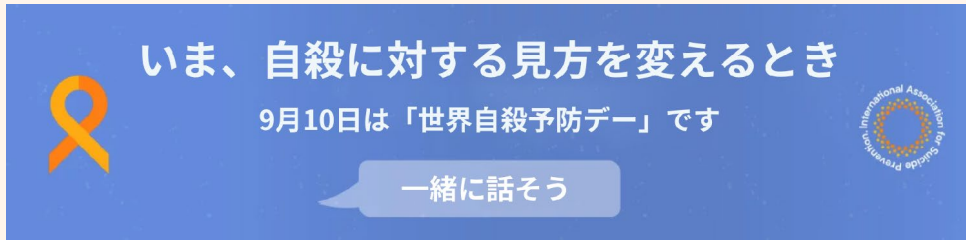
<Points>

- During Suicide Prevention Week, an intensive public awareness campaign is conducted, including expanding consultation support systems by telephone and social media, as well as calling for consultations through posters and videos, mainly aimed at children and youth.
- In advance of Suicide Prevention Week, the Children and Families Agency, the Ministry of Education, Culture, Sports, Science and Technology, and the Cabinet Office's Office for Policy on Loneliness and Isolation are collaborating to strengthen suicide countermeasure efforts among children and youth, and have been conducting an intensive public awareness campaign for children and youth since August 1.

- For more details, please see the press release of the Ministry of Health, Labour and Welfare.

https://www.mhlw.go.jp/stf/r6_jisatsuyouboushukan.html

2. [Awareness] The International Association for Suicide Prevention's World Suicide Prevention Day slogan: Japanese-version banner released



The International Association for Suicide Prevention (IASP) has updated the main theme for World Suicide Prevention Day from 2024 to 2026 to “Change the Narratives on Suicide” and the sub-theme to “Start the Conversation.” This theme carries a message about building a culture where we can openly discuss issues of suicide and receive empathy and support.

This time, JSCP carefully considered the background meaning of the slogan newly selected by IASP and translated the main theme into Japanese as “Now is the time to change the way we view suicide” and the sub-theme as “Let’s talk together.” This Japanese translation was then proposed to IASP and adopted as the Japanese slogan. The Japanese-version banner can be downloaded from the JSCP website and freely used.

- For more details, please see [here](#).

At JSCP, we are also creating content that can be used in conjunction with World Suicide Prevention Day and Suicide Prevention Week.

- Educational videos, websites, posters, etc. that can be used during Suicide Prevention Week are [here](#) (created by JSCP).

3. [Suicide Countermeasures for Children and Youth] “#Nigekatsu” (escape activities) public awareness campaign toolkit released

JSCP has launched a participatory public awareness campaign called “#Nigekatsu: Here is a place of escape for your heart” to encourage children and youth to think about and understand the importance of “escape” as a means of “living,” considering the concern that the risk of child suicide increases after long holidays.

“#Nigekatsu” is a public awareness campaign in the form of workshops where participants write down their thoughts and episodes related to four themes of “escape” on sticky notes and attach them to a panel. The aim is to re-examine their own “desire to escape” and to gain new insights by reading the posts around them.



It has already been held by multiple organizations nationwide and has received significant attention, with features in over 40 newspapers and online media outlets. Scheduled events, achievements, and event reports are constantly updated on the website. We offer a toolkit necessary for hosting events in a downloadable format for free to organizations and institutions that agree with the purpose of “#Nigekatsu” so please make use of it.

- The webpage for “#Nigekatsu: Here is a place of escape for your heart” is [here](#).

4. [Event Report] Meeting for local governments in collaboration with the Ministry of Health, Labour and Welfare, the Ministry of Education, Culture, Sports, Science and Technology, and the Children and Families Agency

To promote suicide countermeasures for children and youth in serious situations, JSCP, in collaboration with the Ministry of Health, Labour and Welfare, the Ministry of Education, Culture, Sports, Science and Technology, and the Children and Families Agency, held the FY2024 First National Suicide countermeasures Leaders' Meeting online on Monday, July 22, 2024, targeting local government suicide countermeasures staff and school officials.

On the day, a total of about 250 people participated, including suicide countermeasures leaders from prefectures and ordinance-designated cities across the country, local suicide countermeasures promotion center staff, child welfare department staff, and school-related personnel such as board of education members. Following FY2023, this was the second time the same meeting was held in collaboration with the three government authorities.



■ Please see [here](#) for details of the report

5. [Event Report] FY2024 Training Session on Care of Suicide Attempt Survivors, First Session for Family Doctors

On Sunday, August 4, 2024, JSCP held the FY2024 Training Session on Care of Suicide Attempt Survivors, First Session for Family Doctors online. This training was aimed at doctors and dentists engaged in work at insurance medical institutions, and about 200 people from all over the country participated. This training had been conducted online for an entire day, but from this time, to make it easier for busy family doctors to participate, part of it has been made into a pre-learning e-learning format, and the online training has been condensed into half a day.

■ Please see [here](#) for details of the report.

The training Session on Care of Suicide Attempt Survivors for Family Doctors is held twice a year, and the next session is scheduled for around February 2025. If you would like to receive notifications of when recruitment begins, or if you would like to know the **overview** of various Training Sessions on Care of Suicide Attempt Survivors (for Emergency Settings, for Family Doctors, in Psychiatric Emergencies), **future schedules, and past event details**, please refer to the page [here](#).

6. [Suicide Countermeasures for Children and Youth] Publication of reference materials for schools, boards of education, and guardians on the website

JSCP has published three webpages for schools, boards of education, and guardians, collecting materials and video content related to suicide response in educational settings.

- [“Reference Materials for Schools and Educational Institutions”](#)
- [“Content Collection for Guardians on Suicide Prevention Education”](#)
- [“Gatekeeper Training for Secondary and High School Teaching Staff”](#)

In the Emergency Enhanced Plan for Child Suicide Countermeasures formulated by the government in June 2023, the main measures include analysis of factors of child suicide, early detection of suicide risks, and responses for suicide prevention, with efforts being made to further strengthen collaboration with educational settings.

We encourage local governments, schools, and guardians to utilize these webpages to gather information on suicide countermeasures and to share feedback such as “We have tried to improve our manual in this way.”

7. [Media Coverage] Details of Minister of Health, Labour and Welfare Keizo Takemi's visit to the JSCP office in July posted on the Ministry of Health, Labour and Welfare website

A photo report on the visit by Minister of Health, Labour and Welfare Keizo Takemi to the JSCP office and other locations on Friday, July 26, 2024, has been published by the Ministry of Health, Labour and Welfare. Please be sure to visit the site.

■ A photo report on the visit by Minister of Health, Labour and Welfare

<https://www.mhlw.go.jp/stf/photo/2024/07/ph0726-01.html>

8. [JSCP Staff Interview] Natsuko Komaki, Manager of the Department for Promoting Local Collaboration

The JSCP newsletter sometimes features "Staff Interviews" to provide a deeper understanding of JSCP's initiatives. This time, we feature Natsuko Komaki, Manager of the Department for Promoting Local Collaboration.



<Profile> Natsuko Komaki

From Kanagawa Prefecture. In graduate school, she conducted a research study on suicide countermeasures from the perspective of public policy studies, and as part of this research, she also had experience working as a part-time staff member for local government in local suicide countermeasures projects. She obtained her PhD in 2017. After that, as a staff member of the NPO Life Link, she was involved mainly in supporting the formulation of regional suicide countermeasures plans for local governments and managing the Association of Local Governments for Creating a Society Without Suicide. Employed at JSCP since April 2020, she has served in positions

including Head of the Office for Suicide Countermeasures Policy and Head of the Office for Local Support, and has been in her current position since April 2023. Her main book is *The Policy Science of Suicide Countermeasures: From Personal Issue to Policy Challenge* (Minerva Shobo, 2019).

■ Komaki's interview "Society can be changed: What I want to convey through suicide countermeasures" can be viewed [here](#).

■ 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/expert/authors/yamaderakaoru>

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