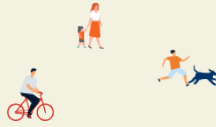




Newsletter Vol.36 (October 2024)

Japan Suicide Countermeasures Promotion Center



Thank you for subscribing to the newsletter of Japan Suicide Countermeasures Promotion Center (JSCP). This issue includes a report on the “Comprehensive Support Guide for Those Bereaved by Suicide (Revised Edition),” which has undergone a major revision for the first time in six years. There is also a report on the first compilation of data from the “JAPAN Registry of Self-harm and Suicide Attempts,” results from an analysis of suicide and countermeasures based on collaboration with Edogawa City, Tokyo, and an interview with a JSCP staff member.

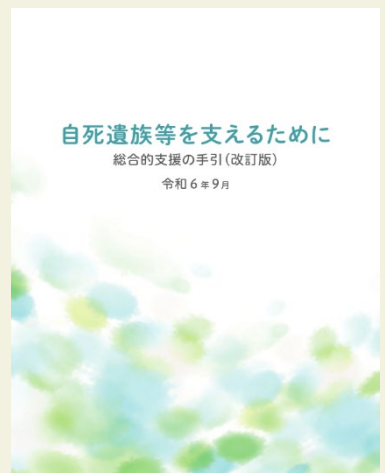
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1. **[Support for People Bereaved by Suicide]** “Comprehensive Support Guide for Those Bereaved by Suicide (Revised Edition)” published

On Monday, September 30, 2024, the JSCP released the “Comprehensive Support Guide for Those Bereaved by Suicide (Revised Edition)” on its webpage. This revised edition, the first major update in six years, is based on the [4th General Principles of Suicide Countermeasures Policy](#), which was approved by the Cabinet in October 2022. It is intended for supporters from local governments and private organizations who may interact with people bereaved by suicide.

A key feature of this guide is that, in addition to describing the emotional and physical reactions and potential challenges one may face after losing a close one to suicide, it highlights important considerations for supporting people bereaved by suicide along with numerous examples of actual projects (increased from 3 cases before revision to 27 cases).



Comment from Mai Suganuma, Head of the Office for Suicide Bereaved Support at JSCP, which primarily handled the editing

“Those who have lost family members or close ones to suicide, often face not only the emotional and physical impact

of bereavement but also the responsibility of handling various unresolved issues left by the deceased. This includes managing procedures and addressing these issues amidst the confusion that immediately follows such a loss. In addition to this, there are misunderstanding and stigma in society when it comes to suicide, which makes it even more difficult for those bereaved by suicide to express their anxieties and concerns to others. This guide is designed to foster an accurate understanding of such situations and to ensure appropriate support is provided. “We sincerely hope that this guide will be widely read and utilized by those involved in supporting people bereaved by suicide so that the necessary support reaches them and society can show more understanding to those bereaved by suicide.”

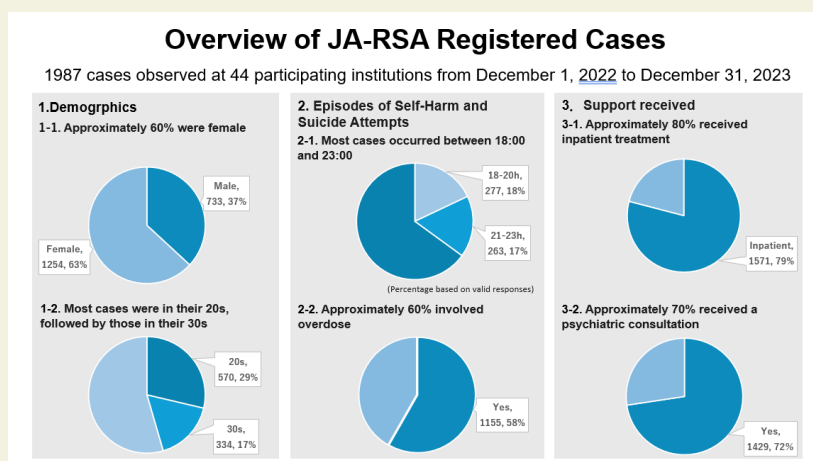
- Download the “Comprehensive Support Guide for Those Bereaved by Suicide (Revised Version)” [here](#).

2. [Investigations & Research] First report on the “JAPAN Registry of Self-harm and Suicide Attempts” published

Since December 2022, the Japanese Society for Emergency Medicine and JSCP have been operating a “JAPAN Registry of Self-harm and Suicide Attempts” (hereinafter, “JA-RSA”) as a registry system for self-harm and suicide attempts at emergency and critical care centers. On Tuesday, September 10, 2024, the “ Report on JAPAN Registry of Self-harm and Suicide Attempts (JA-RSA), 2024” was published as the first annual report of the JA-RSA. To effectively promote suicide countermeasures, it is crucial to clearly understand the actual situation of self-harm and suicide attempts and to strengthen support for individuals who have experienced these situations. Therefore, the World Health Organization (WHO) recommends that each country establish and operate a registry of self-harm and suicide attempts. Similar registries are being operated in several countries outside Japan, which have proved to be precious resources of knowledge.

The JA-RSA is the first large-scale, continuous registry of self-harm and suicide attempts in Japan. Its purpose is to support people who have attempted self-harm and suicide from both academic and policy perspectives. The JA-RSA contains information on individuals who have received medical treatment at an emergency department for self-harm and suicide attempts. It includes details such as personal attributes, methods used in attempts, clinical outcomes, and support received, all collected in accordance with guidelines on proper research ethics to ensure anonymity. Currently, 59 emergency department in Japan are participating, providing valuable information on supporting individuals who have attempted self-harm and suicide. Please read the first annual report of the JA-RSA.

- Click [here](#) to view the report.



3. [Investigations & Research] “Analysis Results and Strategies Concerning Interactions with City Residents Who Died by Suicide” released by Edogawa City, Tokyo

Edogawa City, Tokyo, released the “Analysis Results and Strategies Concerning Interactions with City Residents Who Died by Suicide” during the Mayor’s regular press conference on Thursday, September 12, 2024. The JSCP believes that this analysis could serve as a model for other local governments in Japan. Thus, we established a partnership agreement with Edogawa City regarding the analysis of suicide countermeasures data and have collaborated with this analysis.

The subjects of this investigation were 103 city residents who were determined to have died by suicide within a certain one-year period based on a demographic survey. The analysis focused on the city departments and sections that had interactions with the deceased, including the timing and details of these interactions. The results revealed that more than 80% of them had some form of interaction with the city, such as submitting applications or having consultations related to their daily lives. It was also found that a total of 29 departments were involved, with 17 sections handling these consultations. Based on the issues identified through this investigation and analysis, the city stated that it would work to share the policy for suicide countermeasures, enhance support capabilities, and strengthen assistance for support providers, all with the aim of reducing the number of people driven to suicide. The JSCP is planning to provide a more detailed report in the future based on the relevant investigation.

- For more details on the results of the analysis by Edogawa City, watch a [video of the Edogawa City Mayor’s regular press conference](#).

4. [International Cooperation] Japan’s suicide prevention efforts featured on the WHO website

Ahead of World Suicide Prevention Day on Tuesday, September 10, the World Health Organization (WHO) has published an overview of Japan’s suicide prevention measures on its website.

- Click [here](#) to view the article.



Source: WHO website

The WHO Newsroom “Feature stories” section highlights unique suicide prevention initiatives from various countries, including Japan. These initiatives are recognized as important examples for improving suicide prevention worldwide.

- Click [here](#) to view the WHO newsroom page.

5. [International Cooperation] “JSCP Newsletter” begins to be distributed in English

In September 2024, JSCP began distributing the English edition of the “JSCP Newsletter.” Subscribe using the link below to receive the English newsletter monthly by email. This newsletter aims to clearly communicate the JSCP’s efforts to individuals interested in Japan’s suicide countermeasures, as well as to organizations and research institutions involved in implementing such measures, thereby strengthening cooperation.

- Click [here](#) to register for the English Newsletter or view past issues.

6. [Interview with JSCP Staff] Mayumi Hangai, Manager of the Department for General Suicide Countermeasures

“Staff Interviews” are included in the JSCP Newsletter as they become available in order to help people gain a better understanding of the work being done by the JSCP. This time, we spoke with Mayumi Hangai, Manager of the Department for General Suicide Countermeasures.



<Profile> Mayumi Hangai

Born in Kanagawa Prefecture. Graduated from medical school in 2010. Board-Certified Pediatrician and Board Certified Supervisor of Pediatrics, Doctor of Medicine. Gained clinical experience at university and community hospitals, and obtained a Master of Public Health in 2018. In her previous position at the National Center for Child Health and Development, she engaged in research and awareness activities related to the mental health of children during the COVID-19 pandemic.

Joined JSCP as a Specially Appointed Research Fellow in December 2021, became the head of the Office for Child and Youth Suicide Countermeasures in April 2022, and has held the current position since April 2023 (concurrently serving as the head of the same office). U.S. resident, mother of two. Her motto is “Where there is a will, there is a way.” Her weakness is being unable to read situations; her strength is choosing not to read situations (?).

- Click [here](#) to read the interview with Hangai entitled, “Using my regret of indifference about suicide issues to strengthen countermeasures.”

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- 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/yamaderaakaoru>

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<https://jscp.or.jp/newsletter/>

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