



Newsletter Vol.37 (November 2024)

Japan Suicide Countermeasures Promotion Center

Thank you for subscribing to the newsletter of Japan Suicide Countermeasures Promotion Center (JSCP). This issue introduces the “2024 White Paper on Suicide Countermeasures”, which includes a section focusing on child suicide. The issue also introduces face-to-face local conferences (Block Meetings) of Local Suicide Countermeasures Promotion Centers, which are key to local cooperation, the Les Halles of Suicide Countermeasure Promotion, which reports on the results and progress of the Innovative Research Program on Suicide Countermeasures, and the “#Nigekatsu” (escape activities) campaign, which is spreading throughout Japan as an awareness-raising activity aimed at children and youth. Also featured is an interview with a JSCP staff member (Takashi Nishio, Manager of the Department of Research and Analytics).

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1. [Cabinet decision] Publication of the “2024 White Paper on Suicide Countermeasures”

On October 29, 2024, the Japanese government issued a Cabinet decision and published the “2024 White Paper on Suicide Countermeasures”. The White Paper on Suicide Countermeasures is an annual report submitted to the Diet every year based on Article 11 of the Basic Act on Suicide Countermeasures. The paper summarizes the current state of suicide in Japan and the implementation of suicide countermeasures. The 2024 White Paper examines the state of suicide in 2023 and features a section (Chapter 2) focusing on child suicide, which continues to be as serious a problem as in 2022. The paper provides detailed analysis and countermeasures to the problem of child suicide. The paper highlights the efforts of the “[JAPAN Registry of Self-harm and Suicide Attempts](#)”(*) operated by the Japanese Society for Emergency Medicine and JSCP, and the “[Research Report on the Multifaceted Analysis of Child Suicide](#)” conducted by JSCP as a commissioned project by the Children and Families Agency.

*JAPAN Registry of Self-harm and Suicide Attempts (JA-RSA): A registration system for cases of self-harm and suicide attempts at emergency departments and began operation in December 2022.

- The “2024 White Paper on Suicide Countermeasures” is available on the [website of the Ministry of Health, Labour and Welfare](#).

2. [Event Report] Held FY2024 Block Meetings of Local Suicide Countermeasures Promotion Centers

Every year, JSCP holds Block Meetings by dividing Local Suicide Countermeasures Promotion Centers (hereinafter, “Local Centers”) in prefectures and ordinance-designated cities throughout Japan into six blocks (Hokkaido/Tohoku, Kanto, Chubu/Hokuriku, Kinki, Chugoku/Shikoku, and Kyushu/Okinawa). Local Centers are institutions that fulfill a role in comprehensively promoting suicide countermeasures as part of local development, and serve as area managers for suicide countermeasures, providing support for plans to promote local suicide countermeasures in the municipalities within their jurisdiction.



The meeting in the Kyushu/Okinawa block



The meeting in the Kanto block

At these meetings, Local Centers share information on specific initiatives and the challenges they face when supporting local supporters in municipalities and other areas within their jurisdiction, and exchange opinions. These meetings are held every year around autumn. The meetings this year were held from August 28 to October 15, 2024 and marked the first time that a face-to-face format was used since the start of the COVID-19 pandemic.

- For details, please see the [Event Report](#).

3. [Event Report] Held the “ Les Halles of Suicide Countermeasure Promotion (Presentation on Results of Commissioned Research in FY2023) ”

For three days (September 2, 11, and 20) in 2024, JSCP held the Les Halles of Suicide Countermeasure Promotion (interim and final results presentations of commissioned research in FY2023) as part of the Innovative Research Program on Suicide Countermeasures.

The Innovative Research Program on Suicide Countermeasures is a commissioned research program that publicly recruits researchers in fields related to suicide countermeasures to promote evidence-based policymaking and research that contributes to social return. In order to ensure that research results are broadly returned to society and utilized for suicide countermeasures in local communities, a reporting session was held on the results of 16 research projects in three fields that were addressed in FY2023. Participants were recruited from frontline personnel responsible for suicide countermeasures in local governments, as well as from members of academic societies dealing with suicide countermeasures. A total of about 650 people participated in the reporting session (Field 1: approx. 260 people, Field 2: approx. 240 people, and Field 3: approx. 150 people).

■ For details, please see the [Event Report](#).



Field 1: Chairperson Tsuyoshi Sasaki



Field 2: Chairperson Maiko Fujimori



Field 3: Chairperson Junya Kubo

4. [Presentation Report] Educational lecture at the Academic Conference of The Japan Society of Nursing

On September 27, 2024, JSCP Representative Director Yasuyuki Shimizu gave an educational lecture at the 55th Academic Conference of The Japan Society of Nursing held in Kumamoto City. The theme was “Aiming to realize a ‘comfortable society in which no one is driven to suicide.’” In his lecture, Shimizu introduced the current state of suicide in Japan and the purpose and philosophy of the Basic Act on Suicide Countermeasures, as well as the role expected of nurses. Shimizu received many questions from participants on topics including support for people with suicidal thoughts, suicide attempts survivors, and bereaved people by suicide, more active involvement in local suicide countermeasures, response by paying attention to the person rather than the symptoms, and support for supporters, including yourself.

5. [Children and Youth] Reports on the awareness-raising activity “#Nigekatsu” (escape activities)

This summer, JSCP planned a participatory awareness-raising activity named “#Nigekatsu” (escape activities): Here is a place of escape for your heart.” “#Nigekatsu” aims to get children and youth to think and learn about the importance of “escaping” as a means of “surviving.”

So far, “#Nigekatsu” have been held in a wide range of locations, from educational institutions such as high schools and universities to local support centers and city halls. The activities have also been widely covered in the media.

Organizers and participants of “#Nigekatsu” have shared their impressions; for example, “participation was easy” and “it gave me the opportunity to let out my feelings.” They have also offered ideas and suggestions for holding the activities. For reference, we are publishing and regularly updating examples of events on the JSCP website. Please take a look at this information.

#逃げ活 ~学生団体My Own Place~

開催場所
湘南台MOP HOME~寺子屋~

開催日
2024年7月27日(土)
2024年9月14日(土)

感想 (一部抜粋)
「生きるために逃げていい」「逃げることは悪いことではない」という考えに贈れるきっかけになってほしいと思い#逃げ活を開催しました。家が学校、とコミュニティが崩れてしまいがちな立場にある子どもにとって当団体が一つの逃げ場になってほしいと思います。

#逃げ活 ~特定非営利活動法人 BONDプロジェクト~

開催場所
BONDプロジェクト

開催日
2024年8月12日(月)から
2024年9月16日(月)

感想 (一部抜粋)
約1か月間掲示したことで、他の人の書き込みを読みつつ、周りの目を気にしないで自分の中の「逃げたい」気持ちをしつくり考える時間になったと感じました。今後、ストレスや困難に追い込まれる前に「逃げる」「逃げていいい」ことが大事であることを思い出してもらえる機会になっていければと思います。

JSCP will continue to provide free toolkits (in downloadable format) necessary for hosting events. Please take advantage of these resources. In order to further improve “#Nigekatsu”, we would appreciate it if you could send us your opinions, requests, and suggestions along with your report on using resources.

- The webpage for “#Nigekatsu : Here is a place of escape for your heart” can be viewed [here](#).
- A list of example events can be viewed [here](#).

6. [Related Information] Applications are now open for the 2024 Autumn conference of a conference of the Japanese Society of Comprehensive Suicide Countermeasures: “Exploring the Challenges of Family”

The Japanese Society of Comprehensive Suicide Countermeasures: “Exploring the Challenges of Family” will be held online on Wednesday, November 27, 2024 (co-hosted by the Research Center for Medical and Health Data Science, The Institute of Statistical Mathematics, under the Research Organization of Information and Systems (planned); sponsored by the Ministry of Health, Labour and Welfare and JSCP).

On the day of the event, psychiatrist Dr. Takeshi Tamura (Director of the Tamura Takeshi Mental Clinic and Consulting Office) will speak on the theme of “Family Conflicts and Suicide: From the Frontline of Mental Healthcare.” Additionally, Mr. Keisuke Fukumoto (Director of the Asunaro Support Station of the Social Welfare Corporation Hakujuji Association Forest School) will discuss the theme of “From the Frontline of Support After the Age of 18 for Children and Youth Raised in Social Care (tentative).” The entire event will be coordinated by Mayumi Oka (Project Associate Professor at the Research Center for Medical and Health Data Science, The Institute of Statistical Mathematics; Executive Director of the Japanese Society of Comprehensive Suicide Countermeasures). After the lectures, two commentators—Takemi Mori (Professor, Department of Psychology, Faculty of Human Sciences, Konan Women’s University) and Yurika Watanabe (Representative Director of General Incorporate Association Kusanone Mutual Support Project)—will join the speakers for a discussion.

For details on the event and how to register to participate, please see the information of the Japanese Society of Comprehensive Suicide Countermeasures. In addition to society members, anyone with an interest in suicide countermeasures is welcome to participate (participation is free of charge). The application deadline is Sunday, November 24, 2024.

- Click [here](#) for details and registration method.

7. [Interview with JSCP Staff] Takashi Nishio, Manager of the Department of Research and Analytics

“Responding to domestic and international research needs and working to link fieldwork, research, and policy.”

“Staff Interviews” are included in the JSCP Newsletter on an ongoing basis in order to help people gain a better understanding of the work being done by the JSCP. This issue’s interview features Takashi Nishio, Manager of the Department of Research and Analytics.

<Profile> Takashi Nishio



Born in Hiroshima Prefecture. He completed his graduate studies at the International Christian University (ICU) in 1986 (Ph.D.). He taught public administration and local government theory at ICU until his retirement in 2023. During this time, he served as a Visiting Researcher at Princeton University and the University of London, a Visiting Researcher at the House of Councilors, and a Visiting Professor at The Open University of Japan.

His research themes include the history of bureaucracy, the civil service system, decentralization, and urban development.

In the House of Councilors, he investigated the overseas ombudsman system and other issues regarding administrative control by the Diet, and his proposals led to the establishment of the Committee on Oversight of Administration. His written works include Civil Service System and Study on History of Forest Administration in Japan. He has also edited and written works including Modern Administration and Public Policy. Nishio joined JSCP in June 2022 as the Manager of the Department of Research and Analytics (part-time position). His motto is “walk an ordinary path in an extraordinary way.”

■ Full interviews are available [here](#).

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

<https://www.youtube.com/channel/UCNWP2O5zTuuI-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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