



Newsletter Vol.42 (April 2025)

Japan Suicide Countermeasures
Promotion Center



Thank you for subscribing to the newsletter of Japan Suicide Countermeasures Promotion Center (JSCP). This issue includes an overview of the annual number of suicides in 2024 (confirmed number) as announced on March 31. It also introduces the latest issues of the online open-access journal *Research on Comprehensive Suicide Policy* (Japanese original) and *Suicide Policy Research* (English original), as well as information such as the 2nd Basic Training for Comprehensive Support for Living.

※This e-mail is sent to those who requested to receive this newsletter or provided us with the contact information through our activities. If you do not wish to receive further e-mails from us, please click [here](#) to unsubscribe.

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1. **[Suicide Countermeasures] Announcement of the annual number of suicides in 2024**

The Ministry of Health, Labour and Welfare has announced the confirmed number of annual suicides for 2024. The annual number of suicides in 2024 was 20,320. This is a decrease of 1,517 from 2023, making it the second lowest since suicide statistics began in 1978, with the lowest being 20,169 in 2019. By gender, the number of suicides by males decreased by 1,061 and females by 456. There were decreases in almost all age groups; however, the number of suicides by females under 19 increased by 51.

The number of suicides by elementary, junior high, and high school students, which has been on the rise in recent years, increased by 16 from 2023 to 529. This exceeded the previous record in 2022 to reach a new high, indicating that the situation remains serious. By gender, the number of suicides by males decreased by 20 from 2023 to 239. However, the number of suicides by females increased by 36 to 290, so the number of suicides by females exceeded the number of males. In particular, the number of suicides by female high school students increased by 21, from 166 to 187. Of these, 15 were female students enrolled in part-time and correspondence courses.

The terms of identifiable causes and motives (major categories) reflected the decreasing trends in the overall number of suicides. Specifically, there was a decrease in “family issues,” “health issues,” “economic/life issues,” “work-related issues,” and “relationship-related issues.” The only increase was in “school-related issues,” which grew by 48 people, from 524 to 572. Of this increase, 38 were females.

- Click [here](#) to view the documents (“Status of Suicide in 2024”) published by the Ministry of Health, Labour and Welfare.

2. [Investigations & Research] Publication of the latest issues of *Research on Comprehensive Suicide Policy* (Japanese original) and *Suicide Policy Research* (English original)

On March 31, 2025, JSCP published the latest issues of the academic journal *Research on Comprehensive Suicide Policy* (Japanese original), which was renewed as an online open-access journal in FY2023, as well as the English original of *Suicide Policy Research*.

This issue of *Research on Comprehensive Suicide Policy* (Japanese original; Vol. 5, No. 1) includes the following three articles, one of which is a peer-reviewed open-call paper (review). All of these articles are significant contributions expected to promote suicide research and suicide countermeasures in Japan in the future.

〈Contents of this issue〉

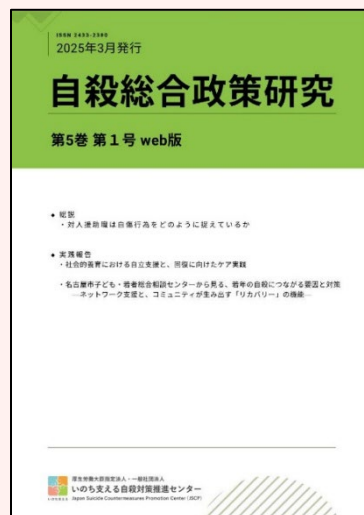
[Review]: How Do Human Service Professionals View Non-Suicidal Self-Injury?

[Practical Report]: Supporting Independence in Foster Care and Practice of Care for Recovery

[Practical Report]: Factors Leading to Suicide Among Young People and Measures to Deal with it, according to the Nagoya City Children and Youth Comprehensive Counseling Center: Focusing on Network Support and the Function of Community-Based “Recovery”

■ Click [here](#) to read the online journal *Research on Comprehensive Suicide Policy* (Japanese original) Vol. 5, Issue 1.

※Please send us your feedback (journal@jscp.or.jp)



The English original of *Suicide Policy Research*, which was published for the first time in four years and three months, is not a translation of the Japanese original; rather, it is a completely different academic journal written in English. The English issue (Vol. 4, No. 1) contains the following articles.

〈Contents of this issue〉

[Editorial]: Hiroe Tsubaki, “Suicide Policy Research is Being Reconstituted as a Journal Dedicated to Advancing Suicide Prevention Measures”

[Commentary]: Sandersan Onie, Byron J. Good, “Integrating Social and Cultural Research into the LIVE LIFE Framework for Implementation and Localisation of a National Strategy”

[Perspective]: Takahiro Arai, Keita Yamauchi, “Essential Skills for Suicide Prevention Data Analysts”

[Overview]: Hyunjung Park, “Suicide Rates and Countermeasures in South Korea: Emphasis on Recent Legislative Reforms Focused on Young Adults”

■ Click [here](#) to read the online journal *Suicide Policy Research* (English original) Vol.4, Issue 1.



3. [Event Report] “2nd Basic Training for Comprehensive Support of Living” held in FY2024

JSCP held the “2nd Basic Training for Comprehensive Support for Living” online on March 14, 2025. This training is conducted several times a year with different themes to help people in charge of suicide countermeasures at prefectures and municipalities to plan projects and better understand support methods, thereby promoting local suicide countermeasures as “comprehensive support for living.” In this training session, Juri Osawa, Deputy Chief of the Edogawa City Health Department, gave a lecture on the “Analysis Results and Strategies Concerning Interactions with City Residents Who Died by Suicide,” which was published by Edogawa City in September 2024 based on a survey analysis. Also speaking was Kazu Moriguchi, Assistant to the Director General at JSCP, who provided an explanation from the perspective of having cooperated in the survey project. Approximately 300 people in charge of suicide countermeasures from prefectures and municipalities throughout Japan participated on the day.

In 2014, Edogawa City established the Life Support Section, which specializes in suicide countermeasures. The city regularly holds a Suicide Countermeasures Strategy Meeting, headed by the city mayor, with the entire city government working on suicide countermeasures. Osawa explained the background and method of the survey and analysis as follows: 1) the decision to survey the actual situation was made in response to an issue raised by the city mayor—“Why is the

number of suicides not decreasing even though targets have been achieved for more than 80% of suicide countermeasures projects in each department?” 2) careful explanations on how to conduct the survey were provided mainly to managers in relevant departments, gaining understanding and cooperation from the entire government, and 3) the results of the survey data analysis were given as detailed feedback to each department, which in turn provided their opinions on future countermeasures based on this feedback. Osawa then cited how the survey had raised each city employee’s awareness of suicide countermeasures, thereby leading to stronger cooperation with related departments. Osawa observed that “the challenge going forward will be to expand systems for assisting supporters.” After the Q&A session, Osawa made the following statement: “A local government has the mission of protecting the lives and property of its residents. Even if we take countermeasures against suicide, it is not certain that the number of suicides will immediately decrease. Nevertheless, based on this mission, the entire city government must continue working to support people’s lives.”



**Juri Osawa, Deputy Adviser of the
Edogawa City Health Department**

In the questionnaire conducted after the training, participants shared thoughts and opinions such as the following: “It was extremely helpful to see model initiatives that can be implemented within our office.” “I learned how to reflect on our work and the specific actions we can take as an administrative body that is deeply involved with residents.”

■ Click [here](#) to see a detailed report on the training.

4. [Free e-learning] Holding of “Online Training Program to Promote Suicide Countermeasures at Universities”

In 2024, the number of suicides among elementary, junior high, and high school students reached a record high. The number of suicides among university students also remained high, with 434 university and graduate students dying by suicide in 2024 (see “[Status of Suicide in 2024](#)” on the Ministry of Health, Labour and Welfare website. Reference materials: “[Status of Suicide among University Students](#)”.) The promotion of suicide countermeasures at universities is an urgent issue.

Since FY2022, JSCP has been holding the Online Training Program to Promote Suicide Countermeasures at Universities. Starting this year, this training will be offered as an e-learning course so that university faculty and staff can take it at any time and as many times as they like. The content covers the recent overview of suicides among university students, guidance on how faculty and staff should interact with troubled students, and how to implement suicide countermeasures as a university organization. After completing the course, participants can download and print a certificate of completion. Please use the online training to promote suicide countermeasures at your university.

[Overview of Training] (click [here](#) to view the poster)

【Lectures】 1) Overview of suicide among university students (created by JSCP)

2) Suicide countermeasures—Individual Skills

Lecturer: Professor Terumi Ishii (Health Support Center, Waseda University)

3) Suicide countermeasures—Organizational Skills

Lecturer: Professor Hirokazu Tachikawa (Department of Disaster and Community Psychiatry,
Institute of Medicine, University of Tsukuba)

【Target Audience】 All persons involved in supporting, counseling, and educating students at national, public, and private universities

【Start Date】 Monday, March 31, 2025

【Course Fee】 Free

■ Click [here](#) for course registration and detailed information.

5. [Presentation Report] JSCP staff spoke at Aomori Prefecture’s Training Seminar on Support for Those Bereaved by Suicide

On February 15, 2025, Yoshihide Sorimachi, Assistant to the Director General at JSCP, Mai Suganumai, Head of the Office for Suicide Bereaved Support at JSCP, and freelance announcer Shinichi Taketa spoke at the Training Seminar on

Support for Those Bereaved by Suicide(hosted by the Aomori Prefectural Mental Health and Welfare Center) held in Aomori City.

The purpose of this training was to remove social prejudice against suicide and to consider ways to support and empathize with the grief and suffering of those bereaved by suicide. A total of 89 people participated in the training, including prefectural government officials, medical, welfare, and education personnel, fire department personnel, and general participants.

In the first half of the training session, Suganuma from JSCP gave a presentation titled “How to Support Those Bereaved by Suicide—From the Perspectives of the Bereaved and Support Givers.” In this presentation, Suganuma drew upon her personal experience as a bereaved family member to introduce situations often encountered by bereaved families of suicide victims, as well as the impact of misconceptions and prejudices. Next, Sorimachi from JSCP spoke on the theme of “Reading the *Comprehensive Support Guide for Those Bereaved by Suicide (Revised Edition)*—A Starting Point for Efforts to Support Those Bereaved by Suicide.” In addition to giving an overview of the *Comprehensive Support Guide for Those Bereaved by Suicide (Revised Edition)*, published by JSCP in September 2024, Sorimachi also introduced important points to remember when supporting those bereaved by suicide, specific examples of taking action, and how to use the guide. Furthermore, Taketa, who worked as an NHK announcer for many years, gave a lecture titled “Words That Touch the Heart—Connecting Hearts, Preserving Lives.” Speaking of what he felt when reporting on life-and-death matters such as earthquakes and the suicides of famous people, Taketa noted that “just as each person who has died has a name, each person has a story and a history, and their life has a unique weight.” He also noted “the importance of connecting with others on an equal footing,” and introduced an overview of the WHO’s guidelines on reporting suicide.

The second half of the symposium was held under the theme of “Considering Various Issues Related to Suicide and Support for those Bereaved by Suicide.” Participants exchanged opinions based on their personal perspectives in response to questions from the audience on topics such as suicide countermeasures for children and youth, expanding support for those bereaved by suicide, and how to use the guide.



6. [Reference Information] 4th Conference of the Japanese Society of Comprehensive Suicide Countermeasures

The Japanese Society of Comprehensive Suicide Countermeasures held its 4th conference on March 11, 2025. The conference was held online under the theme of “considering loneliness and isolation.” JSCP sponsored the conference together with the Ministry of Health, Labour and Welfare. A total of about 500 people participated in the conference, including members of the society and general participants.

In the first session, “Considering Loneliness and Isolation Among Children and Youth on the Front Lines,” Masahiro Ishii (NPO Panorama) emphasized the importance of proactively reaching out to support high school students rather than waiting for them to find the courage to seek help themselves. Next, Seiichi Hayashi (Zama City, Kanagawa Prefecture) raised the structural issues that make youth aged 18 and over prone to falling through the gaps of support systems. He also discussed the necessity of local support through multi-agency collaboration.

In the second session, “Practical Research for Tackling Loneliness and Isolation,” Hisashi Otsuka (The University of Tokyo) introduced a survey on the feeling of loneliness among university students, as well as actual experiences from the frontlines. Furthermore, Mayumi Oka (The Institute of Statistical Mathematics) pointed out the reality that simply asking people to “come in for help” and then waiting will not lead to support. Instead, she explained the importance of creating mechanisms and systems that can reach people in need of support. Overall, the presentations emphasized that building trust and fostering diverse connections are essential to combating loneliness and isolation. They also stressed the significance of implementing these measures in society through collaboration between on-site experience and expert knowledge. The conference was co-hosted with the research and development project on loneliness and isolation, led by Mayumi Oka, under RISTEX of the Japan Science and Technology Agency (JST). It demonstrated the academic society’s commitment to further promoting activities that bridge the gap between the frontlines and academia. In a follow-up survey, 99.6% of participants said they were satisfied with the conference. Many participants said they learned something new and received encouragement.

- Click [here](#) to see the conference program and event report.

■ 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, Public Relations Officer at JSCP)
<https://news.yahoo.co.jp/expert/authors/yamaderakaoru>

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