



Newsletter Vol.46 (August 2025)

Japan Suicide Countermeasures Promotion Center

Thank you for subscribing to the newsletter of Japan Suicide Countermeasures Promotion Center (JSCP). This issue features reports on the 1st National Suicide Countermeasures Leaders' Meeting in FY2025, held in collaboration with the Children and Families Agency, the Ministry of Health, Labour and Welfare, and the Ministry of Education, Culture, Sports, Science and Technology. It also includes *The Crisis for Pregnant Women and New Mothers Nurturing Life: The Reality of Suicide and Future Challenges*, a report compiled jointly with the Japan Association of Obstetricians and Gynecologists; awareness-raising content that can be used during Suicide Prevention Week in September; and information on commissioned research under the Innovative Research Program on Suicide Countermeasures in FY2025, which is currently open for applications.

※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.

<Vol.46 Topics>

1. **[Event Report]** The 1st National Suicide Countermeasures Leaders' Meeting in FY2025 Held
2. **[Investigations & Research]** *The Crisis for Pregnant Women and New Mothers Nurturing Life: The Reality of Suicide and Future Challenges* (2025 Edition) Published
3. **[Awareness-Raising]** Awareness-Raising Content That Can Be Used During Suicide Prevention Week in September
4. **[Investigations & Research]** Research Paper on the JAPAN Registry of Self-harm and Suicide Attempts Published
5. **[Investigations & Research]** Call for Proposals for Commissioned Research under the Innovative Research Program on Suicide Countermeasures in FY2025 (Deadline: 17:30, Friday, August 15)
6. **[Investigations & Research]** Applications Open for Attendance at the Les Halles of Suicide Countermeasure Promotion (FY2024 Commissioned Research Results Presentation)
7. **[Coverage Report]** Nurturing the Ability to Seek Help: A Practical Model of Suicide Prevention Education from Yamagata Prefecture—Connecting Schools, Families, and Communities
8. **[Interview with JSCP Staff]** Hirofumi Muramatsu, Deputy Director

1. **[Event Report]** The 1st National Suicide Countermeasures Leaders' Meeting in FY2025 Held

On July 1, 2025, JSCP, in cooperation with the Children and Families Agency, the Ministry of Health, Labour and Welfare, and the Ministry of Education, Culture, Sports, Science and Technology, held the 1st National Suicide Countermeasures Leaders' Meeting in FY2025 online, for staff of departments in charge of suicide countermeasures and personnel of [local suicide countermeasures promotion centers](#) in prefectures and ordinance-designated cities nationwide, as well as officials of child welfare departments and school-related personnel such as board of education staff, among others. The meeting focused on promoting suicide countermeasures for children and youth and was attended by approximately 300 participants from prefectures and ordinance-designated cities nationwide.

Topics included key points of the amended Basic Act on Suicide Countermeasures, promulgated in June 2025, and related future challenges. Other presentations covered the results of the FY2024 Research Report on the Multidimensional Factor Analysis of Child Suicide, the promotion of the utilization of the Child Suicide Crisis Response Team Project, and the promotion of suicide prevention education such as school-based programs on help-seeking. During the Q&A session, many questions were raised regarding the establishment of councils based on the provisions of the amended Basic Act on Suicide Countermeasures.



■ Click [here](#) to see the detailed event report.

2. [Investigations & Research] *The Crisis for Pregnant Women and New Mothers Nurturing Life: The Reality of Suicide and Future Challenges (2025 Edition)* Published

On July 9, 2025, JSCP compiled and published *The Crisis for Pregnant Women and New Mothers Nurturing Life: The Reality of Suicide and Future Challenges*. In 2022, items related to pregnancy and postpartum conditions were added to the items in the suicide statistics document. In response, JSCP, with advice from the Japan Association of Obstetricians and Gynecologists, analyzed suicide statistics for the three-year period from 2022 to 2024, and together the two organizations prepared this report as foundational material to help prevent suicide among pregnant women and new mothers. On the same day, at a press conference held by the Japan Association of Obstetricians and Gynecologists, JSCP Representative Director Yasuyuki Shimizu presented and explained the contents of the report.

This survey, analyzed in reference to [last year's report](#), found that at least 162 pregnant women and new mothers died by suicide over the past three years. When looking at suicide rates, the highest among pregnant women were those aged 20 to 24, while the highest among postpartum women (within one year after giving birth) were those aged 40 to 44.

“Our analysis has identified high-risk groups,” explained Shimizu. “Stronger support is needed for these groups. However, regardless of age, the suicide of a pregnant woman or one in the immediate postpartum period not only affects her personally but also has a tremendous impact on those around her. In some cases, such a loss can profoundly affect the future lives of her spouse and family. In that sense, we must strengthen support especially for women in high-risk groups, while also ensuring that support reaches others as well. Looking ahead, I believe the challenge will be to systematically incorporate suicide countermeasures for pregnant women and new mothers into the next revision of the General Principles of Suicide Countermeasures Policy, taking into account the amendment of the Basic Act on Suicide Countermeasures.”

■ Click [here](#) to see the published document.

■ Regarding this survey, JSCP has published an article titled *162 Suicides Among Pregnant Women and New Mothers in Three Years: Stronger Support Needed for High-Risk Women in Their Early 20s During Pregnancy and in Their Early 40s after Childbirth*. Click [here](#) to see the article.

3. [Awareness-Raising] Awareness-Raising Content That Can Be Used During Suicide Prevention Week in September

September 10 is World Suicide Prevention Day. In Japan, the week from September 10 to 16 has been designated Suicide Prevention Week. Relevant government ministries and agencies, local governments, and related organizations take the lead in intensive awareness-raising activities aimed at preventing suicide. In recent years, suicide among children and youth has become a particularly serious issue. In response, efforts have been made to expand consultation support systems via telephone and social media and to encourage consultation through posters and videos. In addition, ahead of Suicide Prevention Week, the Ministry of Health, Labour and Welfare, the Children and Families Agency, the Ministry of Education, Culture, Sports, Science and Technology, and the Office for Policy on Loneliness and Isolation of the Cabinet Secretariat have been collaborating since August 1 to conduct intensive awareness-raising activities to strengthen suicide prevention efforts for children and youth.

JSCP has created the following awareness-raising videos, websites, posters, etc., that can be used during Suicide Prevention Week. JSCP collectively manages the copyrights for all these materials, and they can be used in a wide range of formats,

including publication in print media, broadcasting, and screening in public facilities, as well as publication online and on social media. They have been featured by many media outlets and local government platforms, and have received a positive response. Please feel free to contact us or make use of them.

- ① [Children and Youth] “#Nigekatsu (escape activities): Here is a place of escape for your heart” toolkit
- ② [Children and Youth] “Student Short Film Contest on Suicide Prevention 2023” 30-second videos - four excellence award winners
- ③ [Children and Youth] “#chatsafe for parents” digest version and others
- ④ Website for self-care: “Online Sanctuary for Mental Health”
- ⑤ Awareness-raising content to prevent suicide among middle-aged and older men
- ⑥ Related video: “Step Closer”—Creating Hope Through Action

■ The above content is available for download on [this page](#).

4. [Investigations & Research] Research Paper on the JAPAN Registry of Self-harm and Suicide Attempts Published

A research paper on the JAPAN Registry of Self-harm and Suicide Attempts (JA-RSA), authored by a joint team from the Japanese Society for Emergency Medicine (JSEM) and JSCP, was published in the English journal *Acute Medicine & Surgery* on July 13, 2025.

The JA-RSA is a system that collects and compiles information on patients transported to emergency medical facilities due to self-harm or suicide attempts. It is jointly operated by JSEM and JSCP.

The paper presents the registry’s design and objectives, and provides an overview of 1,987 self-harm and suicide attempt cases registered by 44 emergency medical centers during the first year after the registry’s launch (December 2022 to December 2023). It also discusses future contributions to national suicide countermeasures.

■ The paper is available [here](#) in the Wiley Online Library.

■ Click [here](#) for more information on the JAPAN Registry of Self-harm and Suicide Attempts.

5. [Investigations & Research] Call for Proposals for Commissioned Research under the Innovative Research Program on Suicide Countermeasures in FY2025 (Deadline: 17:30, Friday, August 15)

JSCP is currently accepting applications for commissioned research under the Innovative Research Program on Suicide Countermeasures in FY2025.

JSCP implements the Innovative Research Program on Suicide Countermeasures (hereinafter, the “Program”), a commissioned research initiative that publicly invites researchers and professionals in fields related to suicide countermeasures to promote evidence-based policymaking and research that contributes to social impact. [Click [here](#) for more information.] The purpose of the Program is to promote comprehensive suicide countermeasures by conducting practical research (policy research) on suicide countermeasures and by collecting data and evidence that contribute to their promotion. Focusing on real-world (frontline) efforts in suicide countermeasures, the Program aims to promote innovative research on suicide countermeasures. This research develops policies based on evidence and other outcomes generated through research, so that those policies further support real-world practice. It also strengthens the connection and coordination among “real-world practice,” “research,” and “policy.”

For detailed information (guidelines, application form, etc.) on the FY2025 Program, please see the Call for Proposals page.

■ [Call for Proposals Page](#)

▼ Call for Proposals Overview

Research Period: From the date of contract signing within FY2025, for a maximum of three fiscal years
(No later than the end of FY2027)

Research Funding: Up to 4 million yen per project per fiscal year (direct costs)
※ Indirect costs will, in principle, be granted at a fixed rate of 30% of direct costs

Application Categories: Three research domains plus a category for early-career researchers
※ Approximately four projects are expected to be selected in FY2025

Application Period: From July 18, 2025, to August 15, 2025, by 17:30

6. [Investigations & Research] Applications Open for Attendance at the Les Halles of Suicide Countermeasure Promotion (FY2024 Commissioned Research Results Presentation)

The Innovative Research Program on Suicide Countermeasures, run by JSCP, will hold the Les Halles of Suicide Countermeasure Promotion (FY2024 commissioned research results presentation by principal investigators and others involved) online over three days: August 29, September 2, and September 4, 2025. Research results from 11 projects completed at the end of FY2024 will be presented, with one category presented per day, for a total of three categories:

- [Category 1] Suicide countermeasures for children and youth: Friday, August 29, 13:30–17:00
- [Category 2] Analysis and approach for high-risk groups for suicide: Tuesday, September 2, 15:00–16:45
- [Category 3] Suicide countermeasures using big data, AI, and other technologies: Thursday, September 4, 14:00–17:00

Attendance is open to those involved in the Innovative Research Program on Suicide Countermeasures, officials responsible for suicide countermeasures at local suicide countermeasure promotion centers, prefectures, municipalities, and other local governments, persons involved in private organizations engaged in suicide countermeasures, members of academic societies related to suicide countermeasures, and others. The application deadline is Sunday, August 24.

■ Click [here](#) for details on the Program, the application process, and other related information.

7. [Coverage Report] Nurturing the Ability to Seek Help: A Practical Model of Suicide Prevention Education from Yamagata Prefecture—Connecting Schools, Families, and Communities



A class on school-based help-seeking programs in Yamagata Prefecture (Tendo Civic 1st Junior High School)

Amid a record-high number of child suicides, suicide prevention education initiatives are spreading across elementary, junior high, and high schools throughout Japan. What systems and initiatives are needed not only to enhance children's ability to ask for help but also to create a society in which children feel comfortable seeking help? This article explores this question through the implementation of school-based help-seeking programs promoted by Yamagata Prefecture.

<Key Points of the Article>

- School-based help-seeking programs nurture children's ability to seek help
- Early local government initiatives as the foundation: Background to prefecture-wide implementation
- Three pillars of the Yamagata Model
 1. Collaboration with the community: Working with public health nurses to make trustworthy adults in the community more visible
 2. Collaboration with families: Distributing handouts with the message that “parents can also seek help”
 3. Three-stage program for elementary, junior high, and high schools: Continuous education that fosters an environment where consultation is easier
- Creating capacity for care providers: Suicide countermeasures a form of community building

■ Click [here](#) to read the full article.

8. [Interview with JSCP Staff] Hirofumi Muramatsu, Deputy Director —I strive to embody comprehensive support for living and to connect the dots



<Profile>

Hirofumi Muramatsu

Born in Kanagawa Prefecture. Graduated from the Faculty of Letters, Gakushuin University, and joined the Ministry of Health, Labour and Welfare in April 2007. Began career with budget administration in mental health, followed by duties including food safety administration immediately after the Great East Japan Earthquake, health damage relief benefits related to vaccinations, and developing frameworks for disaster-resilient community health in response to the Kumamoto Earthquake. Seconded to the Consumer Affairs Agency from FY2018 to 2021, where engaged in revisions to the Food Labeling Act and the review of Japan's

food allergen labeling system, including the mandatory labeling of walnuts. Since April 2022, engaged in suicide countermeasures work at the Office for Policy of Suicide Countermeasures, Ministry of Health, Labour and Welfare. Joined JSCP in April 2024 and has served in the current position since April 2025.

—Could you tell us about your work as Deputy Director?

Muramatsu) Put simply, I see myself as the kind of person who takes on whatever work is needed across departments within JSCP, as long as it contributes to “comprehensive support for living.”

As stated in the basic principles set forth in Article 2 of the Basic Act on Suicide Countermeasures, suicide countermeasures are defined as “comprehensive support for living.” They must be carried out through organic coordination with health, medical care, welfare, education, labor, and other related policies, and implemented comprehensively. As for the pressing issue of the rising number of suicides among schoolchildren, an analysis of suicide statistics by cause and motive shows figures under categories such as “school-related issues,” “family related issues,” and “health related issues,” including mental and physical conditions arising from these issues. This shows that relying solely on a single administrative policy has only a limited effect, and that advancing suicide countermeasures requires multi-layered collaboration and cooperation across a range of policy areas.

That said, within national and local government organizations, achieving cross-departmental collaboration and cooperation and implementing coherent initiatives is by no means easy. Even if one staff member in one department speaks up, it is extremely difficult to advance collaboration and cooperation. JSCP provides various forms of support to promote these efforts.

At JSCP, we have staff with a wide range of backgrounds and expertise. I believe this diversity makes our organization itself a microcosm of “comprehensive support for living.”

As for myself, I am neither a doctor nor a lawyer, but someone who has long been devoted to coordination across different stakeholders. By immersing myself in professional literature and working with medical and nursing technical officers, I have overcome many challenges. I believe these experiences are proving valuable in my work here at JSCP as well.

▼ Other Questions

- What is your specific role?
- What did you do before working at JSCP?
- When and how did you get involved in suicide countermeasures?
- What are your thoughts on suicide countermeasures?

■ Click [here](#) to read the full article.

**We're looking for new JSCP staff to join us
in working on suicide countermeasures.**

※Click [here](#) for more information.

■ 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, Public Relations Officer at JSCP)

<https://news.yahoo.co.jp/expert/authors/yamaderakaoru>

Japan Suicide Countermeasures Promotion Center (JSCP)

Designated by the Minister of Health, Labour and Welfare, General Incorporated Association

Public Relations Office news@jscp.or.jp



<https://www.facebook.com/JSCP.press>



https://twitter.com/JSCP_press

https://twitter.com/JSCP_www