



Newsletter Vol.47 (September 2025)

Japan Suicide Countermeasures Promotion Center



Thank you for subscribing to the newsletter of Japan Suicide Countermeasures Promotion Center (JSCP). September 10 is World Suicide Prevention Day, and the week of September 10-16 is Suicide Prevention Week. This issue features a joint message from three relevant ministers addressing those who are struggling or in distress, the release of the Japanese edition of the WHO suicide prevention implementation guide *LIVE LIFE* and the distribution of the “#Nigekatsu (escape activities) Worksheet”.

※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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◇ 「Suicide Prevention Week」

September 10 to 16 is Suicide Prevention Week. 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 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. Campaigns aimed at raising awareness of suicide countermeasures have been conducted in many countries.

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

On August 29, 2025, in preparation for Suicide Prevention Week from September 10 to 16, Minister of Health, Labour and Welfare Takamaro Fukuoka, Minister of Education, Culture, Sports, Science and Technology Toshiko Abe, and Minister of State for Policies Related to Children and Minister of State for Measures for Loneliness and Isolation Junko Mihara issued a joint message (“Let us hear your voice” and “To the younger generation”), and announced initiatives being undertaken by related organizations.

< Outline of the Ministers' Message >

If you are struggling or in distress, please do not keep it to yourself. Reach out to someone close to you, or contact a support service by phone or through social media. Also, if you notice that someone close to you seems different than usual, try talking to them. Children, in particular, may feel anxious or troubled before and after long school holidays.

If you are an adult who interacts with children, please pay attention to the small signs that may show up in their behavior. And if you are a young person and notice someone around you who seems different from usual, please reach out to them and tell a trusted adult.

If you are experiencing emotional distress yourself, please let someone know. Together, we will create an environment where no one has to bear their worries or anxieties alone.

■ The full text of the messages from the three ministers is available on the [Ministry of Health, Labour and Welfare website](#).

< Key Points of the Initiative >

- During Suicide Prevention Week, consultation support systems will be expanded through telephone and social media, and intensive awareness-raising activities will be carried out, mainly addressing children and youth, including calls for consultation through posters and videos.
- 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 have been collaborating since August 1 to conduct intensive awareness-raising activities to strengthen suicide prevention efforts for children and youth.

■ For more details, please see the [Ministry of Health, Labour and Welfare press release](#).

2. [International Collaboration] Japanese edition of WHO suicide prevention implementation guide *LIVE LIFE* released

JSCP has translated and released the Japanese edition of the World Health Organization (WHO)'s *LIVE LIFE: An Implementation Guide for Suicide Prevention in Countries*. The guide is available on JSCP's official website and has also been released alongside the original edition on WHO's official site.

This guide was developed as a reference for national suicide prevention strategies, with the aim of achieving the suicide mortality reduction targets set out in the *Comprehensive Mental Health Action Plan 2013–2030*, which was created in line with the United Nations Sustainable Development Goals (SDGs).

Regardless of whether a country has a national suicide prevention strategy in place, the guide presents concrete approaches to suicide prevention that can be implemented by governments, as well as by stakeholders and professionals involved in suicide prevention, mental health, and alcohol or substance use. It is intended to serve as a foundation for formulating and strengthening comprehensive national suicide prevention strategies.

Specifically, the guide introduces four evidence-based core interventions: (1) limiting access to the means of suicide, (2) interacting with the media for responsible reporting of suicide, (3) fostering socio-emotional life skills in adolescents, and (4) early identify, assess, manage and follow up anyone who is affected by suicidal behaviours. In addition, it presents six cross-cutting core pillars that support these interventions: (1) situation analysis, (2) multisectoral collaboration, (3) awareness-raising and advocacy, (4) capacity-building, (5) financing, and (6) surveillance, monitoring, and evaluation. These components are illustrated with numerous pioneering case studies from different countries.



With the release of this Japanese edition, we hope it will serve as a valuable resource for many people across Japan and contribute to suicide prevention activities in communities nationwide.

- The booklet can be downloaded [here](#).
- The original can be viewed on the WHO [website](#).
- For Japanese translations of other WHO publications on suicide prevention, please click [here](#).

3. [Suicide Prevention for Children and Youth] Free distribution of the “#Nigekatsu (escape activities) Worksheet”

Last year, JSCP launched the participatory awareness initiative “#Nigekatsu (escape activities): Here is a place of escape for your heart (hereinafter, #Nigekatsu),” to help children and youth recognize and consider “escape” as an option before reaching a suicidal crisis. For organizations and institutions that support the initiative's purpose, JSCP provides a free downloadable toolkit to support implementation. Until now, the main formats for #Nigekatsu (escape activities) have been (1) public displays and (2) workshops, but a new resource, the #Nigekatsu Worksheet, has now been developed for individuals to use on their own.

The key feature of the #Nigekatsu Worksheet is that it can be used anywhere, as long as you have the worksheet and a pen. The activity involves freely writing down your thoughts within four themed sections: “#I want to escape from _____,” “#Express the feeling of wanting to escape,” “#How to get through moments when you want to escape,” and “#Stories of how escaping helped.” By writing down your feelings, you may gain a more objective perspective on your worries and circumstances. You might also realize that you have been pushing yourself too hard and are more exhausted than you thought.



To “escape” in order to “live” in the present—that is #Nigekatsu. Proactive escape is a means of staying alive. By putting your feelings on paper, you may discover clues for living with greater resilience. The worksheet can be used individually, in groups with close family members or friends, or within schools and local communities.

- Click [here](#) for the #Nigekatsu Worksheet page

In addition, the #Nigekatsu Toolkit (not a worksheet) for organizations and institutions can also be downloaded from the following page.

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

4. [International Collaboration] Japanese edition of IASP Language Guidelines released

JSCP has translated and released the Japanese edition of the [International Association for Suicide Prevention \(IASP\)'s Language Guidelines 2022](#) on suicide-related expressions, now available on its website.

In releasing the guidelines, IASP emphasizes the importance of being mindful of language used in suicide prevention in order to dispel stigma around suicide and create a society where everyone feels able to seek help when needed.

To help prevent an increase in suicidal behavior and the imitation of specific methods or locations, IASP calls on stakeholders not to disclose information about suicide methods or locations.

- For the Japanese edition, please visit the JSCP [website](#).
- For details on the IASP *Language Guidelines* and the original English edition, please refer to the [IASP website](#).

5. [Event Report] The 8th Study Meeting on Suicide Coverage

On June 27, 2025, JSCP held the 8th Study Meeting on Suicide Coverage: Latest Research Report: Changes in Domestic

Suicide Reporting and the Werther Effect online, for media professionals, platform operators, and others. The meeting examined how the quality of suicide coverage has changed in recent years amid the growing adoption of the WHO suicide reporting guidelines ([*Preventing suicide: a resource for media professionals, 2023 Edition*](#)) among media professionals. JSCP also presented an interim report on its research into whether these changes are related to preventing the Werther Effect (the phenomenon in which suicide reporting leads to an increase in suicides). Other topics included an overview of suicides in Japan in recent years and an introduction to the WHO suicide reporting guidelines, as well as basic information on suicide and suicide reporting. About 160 people attended the session.

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



Clockwise from the top right: Yagai, Shimizu, Sueki, Yamadera

**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/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>

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



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