



Newsletter Vol.48 (October 2025)

Japan Suicide Countermeasures Promotion Center



Thank you for subscribing to the newsletter of Japan Suicide Countermeasures Promotion Center (JSCP). In this issue, we feature an announcement regarding the redesign of our website, an administrative notice concerning the “Child Suicide Countermeasures Promotion Package,” a report on the Les Halles of Suicide Countermeasure Promotion and Training Session on Care of Suicide Attempt Survivors “for Emergency Settings,” as well as survey results related to self-harm and suicide attempts.

※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. Announcement of Website Redesign

JSCP has redesigned its website.

More than five years have passed since its establishment, during which JSCP's activities have expanded, and both the information it disseminates and the knowledge it has accumulated have grown significantly. To make these resources easier for everyone to understand and utilize, the website's content has been reorganized and restructured in this redesign (the URL remains unchanged).

In this redesign, the following improvements have been made.

- (i) The contents of each category can now be easily understood from the menu
- (ii) The desired information can now be accessed from multiple routes
- (iii) Links have been added to make related information more accessible
- (iv) Suicide Countermeasure-related materials can now be viewed all in one place



We will continue to make improvements to the new site to make it even easier to use.

If you have any comments or questions, please contact us via the “Opinions & Inquiries” section on the site.

■ JSCP Website <https://jscp.or.jp>

2. [Child and Youth Suicide Countermeasures] Issuance of Administrative Notice on the “Child Suicide Countermeasures Promotion Package”

On September 22, the Children and Families Agency, the Ministry of Education, Culture, Sports, Science and Technology, and the Ministry of Health, Labour and Welfare jointly issued an administrative notice to relevant municipal departments based on the “Child Suicide Countermeasures Promotion Package.” The “Child Suicide Countermeasures Promotion Package” brings together measures that related institutions and organizations should implement in a coordinated manner, in light of the continuing serious situation of child and youth suicides. The package was compiled at the “9th Inter-Ministerial Liaison Meeting on Child Suicide Countermeasures” held on September 11.

The package includes, for use by local governments and related bodies, the programs of each ministry concerning (i) education and public awareness, (ii) early detection of and response to risks, (iii) crisis intervention, (iv) monitoring and support, and (v) factor analysis and inter-ministerial coordination. It also lists matters to be implemented or considered in the future, based on the revision of the Basic Act on Suicide Countermeasures, as well as the requested budget amount for FY2026.

The administrative notice requests that relevant ministries and agencies work together to comprehensively advance related measures, and that local governments and related bodies work together to coordinate the measures listed in the package in cooperation and collaboration with relevant institutions and organizations. It is hoped that suicide prevention efforts will expand from isolated points to connected lines, and from lines to area-wide implementation, through coordinated action among children’s policy departments, boards of education, and suicide prevention offices. This includes education on how to express SOS signals, early risk detection using one device per student, council-led crisis intervention, and subsequent follow-up monitoring and support.

■ For an overview of the Child Suicide Countermeasures Promotion Package, please see [here](#).

(Document 8 from the [“9th Inter-Ministerial Liaison Meeting on Child Suicide Countermeasures”](#))

3. [Event Report] Held the “Les Halles of Suicide Countermeasure Promotion (Presentation on Results of Commissioned Research in FY2024)”

On August 29, September 2, and September 4, 2025, JSCP held a three-day online event for the “Innovative Research Program on Suicide Countermeasures,” titled “Les Halles of Suicide Countermeasure Promotion (Presentation on Results of Commissioned Research in FY2024).”



Field 1:
Chairperson Tsuyoshi Sasaki



Field 2:
Chairperson Maiko Fujimori



Field 3:
Chairperson Junya Kubo

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. This year’s event featured presentations on 11 research projects across three thematic areas undertaken in FY2024. A cumulative total of approximately 800 participants attended, primarily including frontline personnel responsible for suicide countermeasures in local governments and members of academic societies dealing with suicide prevention (Field 1: approx. 350 people, Field 2: approx. 250 people, and Field 3: approx. 200 people).

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

■ The results of the participant survey will be posted on the website at a later date.

Innovative Research Program on Suicide Countermeasures: <https://jscp.or.jp/irpsc/index.html>

4. [Event Report] FY2025 Training Session on Care of Suicide Attempt Survivors “for Emergency Settings”

On August 30, 2025, JSCP held the “FY2025 Training Session on Care of Suicide Attempt Survivors ‘for Emergency Settings’” in Tokyo (hosted by JSCP, co-hosted by the Japanese Society for Emergency Medicine and the Japanese Association for Emergency Psychiatry). The training used an e-learning format, with participants receiving online lectures beforehand and then participating in an in-person multi-disciplinary workshop on the event day.



Participants Divided into Groups for the Training

The training session was aimed at doctors, nurses, social workers, emergency medical technicians, public health nurses, and others involved in community emergency medical care. Approximately 60 people took part, splitting into 10 groups to discuss three specific case studies. In the post-training survey, participants provided comments such as: “It was valuable to learn the basics through e-learning and then hear the perspectives of other professions in the workshop,” “I gained useful ideas for future responses that I feel I can immediately put into practice,” and “The session was very well led, and it was a fulfilling time that passed quickly.”

Please check [here](#) for upcoming “Training Session on Care of Suicide Attempt Survivors” schedules.

■ Click [here](#) for the detailed report.

5. [Investigations & Research] Publication of “Overview Materials on Emergency Transport Cases Involving Self-Harm”

On September 10, 2025, JSCP published a summary report titled “Overview Materials on Emergency Transport Cases Involving Self-Harm,” based on emergency transport data from the Fire and Disaster Management Agency.

The emergency transport data of the Fire and Disaster Management Agency consists of information on patients who required emergency transport as part of emergency medical services operations, collected and compiled on a case-by-case basis by the Agency with the cooperation of fire departments and prefectural governments. “Self-harm” is defined in this dataset as one category of incident type, specifically “an incident in which an individual intentionally inflicts injury on themselves,” and includes cases of self-injury and suicide attempts, as well as suicide deaths.

In the “Overview Materials on Emergency Transport Cases Involving Self-Harm,” emergency transport data provided by the Fire and Disaster Management Agency covering the eight years from 2016 to 2023 was used to analyze emergency transport cases involving “self-harm,” and to summarize the actual situation and trends related to self-injury and suicide attempts.

Key findings from the analysis include: (i) The number of persons transported due to “self-harm” has continued to increase since 2019 (in 2023, an average of 118 people per day were transported for self-harm), (ii) The transport rate is particularly on the rise among those aged 0–19 and 20–39, (iii) Among these, women show higher transport rates than men, with the upward trend being even more pronounced.

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

6. [Investigations & Research] Publication of the “2025 Annual Report of the JAPAN Registry of Self-harm and Suicide Attempts”

On September 10, 2025, JSCP published the 2025 Annual Report of the JAPAN Registry of Self-harm and Suicide Attempts (JA-RSA), a case registration system for self-harm and suicide attempts at emergency and critical care centers.

JA-RSA is an online, nationwide, and continuous case registration system for self-harm and suicide attempts, operated jointly by JSCP and the Japanese Society for Emergency Medicine (JSEM), and targeting emergency and critical care centers. In this report, data from 4,521 cases of self-harm and suicide attempts treated at 47 emergency and critical care centers nationwide between December 1, 2022, and December 31, 2024 (approximately two years) were analyzed and compiled as the 2025 Annual Report.

Key findings include: (i) Among self-harm and suicide attempt cases seen at emergency and critical care centers, the proportion of women was high, with particularly high proportions in their 20s and 30s, (ii) As for the means of self-harm and suicide attempts, there was a marked tendency for younger age groups to have higher proportions of overdose, (iii) Regarding outcomes after visiting emergency and critical care centers, hospitalization accounted for about 70 percent, the highest proportion, and of these, about 90 percent were admissions to the ICU (intensive care unit).

■ Click [here](#) for the report.

※Please note that JA-RSA covers only cases of self-harm and suicide attempts treated at emergency and critical care centers and therefore may include a high proportion of cases requiring advanced and comprehensive medical care.

7. [Reference Information] The Japanese Society of Comprehensive Suicide Countermeasures held the “2025 Summer Lecture”

On June 10, 2025, the Japanese Society of Comprehensive Suicide Countermeasures held the “2025 Summer Lecture” online, with approximately 580 participants including both society members and the general public. JSCP sponsored this lecture together with the Ministry of Health, Labour and Welfare.

At the lecture, Yumiko Watanabe, President of KIDSDOOR (a certified NPO), delivered a talk on “Insights into Suicide Countermeasures for Children Through Engagement with Children in Difficult Circumstances.” Drawing on her experience supporting children from impoverished households, Ms. Watanabe introduced real-life examples and emphasized that “we should aim for a society where all children, regardless of family environment, can live happily without giving up on their future dreams.”

The second half of the event featured a discussion and Q&A session. Mayumi Oka (Specially Appointed Professor, Research Center for Medical and Health Data Science, The Institute of Statistical Mathematics; Executive Director, Japanese Society of Comprehensive Suicide Countermeasures) served as a commentator, responding to many questions from participants and helped deepen the discussion.

■ For details, please see the [“Event Report”](#) on the website of the Japanese Society of Comprehensive Suicide Countermeasures.

8. [JSCP Staff Interview] Head of the Business Improvement Office: Aiko Kitazume From Systems Engineer to Suicide Prevention: Transforming an Organization by Listening to People’s “Voices”

Aiko Kitazume, Head of the Business Improvement Office, entered the field of suicide prevention after working as a systems engineer (SE). Having experienced bullying in elementary school and once feeling that she “wanted to die,” she now approaches her daily work with a strong desire to do whatever she can to make life a little easier for children who are suffering as she once did.



<Profile> Aiko Kitazume

Born in Tokyo. During her university years, she interned at the “NPO LIFELINK, Suicide Prevention Action Network Japan,” where she was involved in projects such as bullying prevention. After graduating, she worked for about seven years in the insurance industry as a systems engineer, handling project management, and related tasks. She joined JSCP in April 2020 and, from May of the same year, has served as Head of the Business Improvement Office in the General Affairs Department.

—Could you tell us about the role and main responsibilities of the Business Improvement Office?

Kitazume) In a nutshell, we are JSCP’s “all-purpose problem-solvers.” The staff members of JSCP come from diverse backgrounds, including private companies, education, healthcare, government, and the media. We believe that creating an environment where each staff member can fully utilize their experience contributes directly to advancing suicide countermeasures. The Business Improvement Office has been working to support staff in promoting suicide countermeasures more efficiently and effectively by organizing staff training programs, implementing mental health initiatives, developing a personnel evaluation system, and promoting the use of generative AI. In addition, together with other members of the General Affairs Department, we handle core administrative operations such as human resources, legal affairs, and accounting, engaging in a wide range of tasks on a daily basis.

—When do you feel a sense of fulfillment from your work?

Kitazume) I always strive to foster an environment where staff feel comfortable sharing their concerns. That’s why I’m truly happy when I can listen to their “voices,” suggest improvements, and see our operations run more smoothly as a result.

▼ Other Questions

- What were you doing before joining JSCP?
- What led you to become involved in suicide countermeasures?
- What would you like to work on in the future?

■ 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/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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