



## Newsletter Vol.49 (November 2025)

### Japan Suicide Countermeasures Promotion Center



Thank you for subscribing to the newsletter of Japan Suicide Countermeasures Promotion Center (JSCP). This issue features an overview of the 2025 White Paper on Suicide Countermeasures released by the government on October 24, a dialogue with JSCP's Representative Director and guest speaker Yoko Sagara (Executive Director of the Japan Association of Obstetricians and Gynecologists), discussing the situation of suicides among pregnant and postpartum women, event reports on the Workshop on Building Collaboration Between Suicide Countermeasures and Other Systems and the Training Session on Care of Suicide Attempt Survivors "For Family Doctors," as well as the results of the selection process for commissioned research under the Innovative Research Program on Suicide Countermeasures in FY2025.

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#### 1. **[Cabinet Decision]** Publication of the 2025 White Paper on Suicide Countermeasures

On October 24, 2025, the Japanese government issued a Cabinet decision and published the 2025 White Paper on Suicide Countermeasures. The White Paper on Suicide Countermeasures is an annual report compiled in accordance with Article 11 of the Basic Act on Suicide Countermeasures, summarizing the overall situation of suicide in Japan and the implementation of suicide countermeasures.

The 2025 edition, which records the situation in 2024, features in Chapter 2 a special focus on youth suicides. While the total number of suicides nationwide has been on a downward trend, the number of suicides among elementary, junior high, and high school students has reached historically high levels, and suicides among those aged 10 to 19 and in their twenties remain persistently elevated. In light of this, the report analyzes the situation of young people aged 15 to 29 from multiple perspectives.

Chapter 2 is organized into the following sections: The Situation of Youth Suicide (International Comparison), The Situation of Youth Suicide in Japan, The Situation of Suicide among University Students and Others, The Situation of Suicide among Young Workers, The Situation of Suicide among Young Unemployed People, and Counseling Services Utilizing Telephone,

social media, and Other Tools. Key findings from the analysis include: ▽ The number of suicides among young people (ages 15 to 29) has exceeded 3,000 annually since 2020 and remains persistently high. Suicides among young women are on the rise, with females aged 15 to 19 surpassing males in 2024. ▽ Among young women who died by suicide, more than 40% in their twenties had a history of suicide attempts, and this tendency continues into the early thirties. ▽ In terms of methods, young women show a higher proportion of poisoning (pharmaceuticals) compared with both men and women across all age groups. The paper also points out that the most common method of suicide attempt among young people is drug overdose, and stresses the importance of comprehensive support to prevent repeated suicide attempts among suicide attempt survivors.

JSCP is also responsible for the columns in Chapter 2, “Youth Suicide in the United States: Current Situation and Countermeasures” and “Overview of Youth Self-Harm and Suicide Attempts Based on Data from the JAPAN Registry of Self-harm and Suicide Attempts.”

■ The 2025 White Paper on Suicide Countermeasures is available on the [website of the Ministry of Health, Labour and Welfare](#).

## 2. [Dialogue Project] Yoko Sagara (Executive Director, Japan Association of Obstetricians and Gynecologists) and Yasuyuki Shimizu (Representative Director, JSCP)

**It's not just a problem for mothers: Addressing the reality of “162 suicides among pregnant and postpartum women”**



For the fifth installment of the JSCP Dialogue Project, the theme was suicides among women during pregnancy and after childbirth. Yoko Sagara, Executive Director of the Japan Association of Obstetricians and Gynecologists, was welcomed as a guest to discuss the issue with JSCP Representative Director Yasuyuki Shimizu. The article is currently available on Yahoo! News Expert.

※Below are some excerpts from the article.

“Even though my child is adorable, the anxiety and despair won’t go away,” “I gave birth to my first child in my 40s, and now I spend every day wishing I were dead.”

An analysis has been released showing that over the three-year period from 2022 to 2024, a total of 162 pregnant or postpartum women (during pregnancy or within one year after childbirth) died by suicide. The article about this prompted many women (mainly of the same generation) to express their sympathy and pain, saying things like, “It was painful for me too,” and “I couldn’t tell anyone.” While pregnancy and childbirth are considered happy occasions, they also place a great strain on the mind and body, and many women end up feeling lonely and anxious.

This analysis was conducted by the Japan Suicide Countermeasures Promotion Center (JSCP) in cooperation with the Japan Association of Obstetricians and Gynecologists (President: Isamu Ishiwata). We spoke with JSCP Representative Director Yasuyuki Shimizu and Executive Director Yoko Sagara of the Japan Association of Obstetricians and Gynecologists (who were involved in the analysis) about the background to suicides among pregnant and postpartum women and the current measures needed to address it.

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

■ Past dialogue articles are listed below.

- (1) [Novelist Keiichiro Hirano](#)
- (2) [Cultural Anthropologist Noriyuki Ueda](#)
- (3) [Psychiatrist Yoshinori Cho](#)
- (4) Special Advisor to the Cabinet Shiro Yamasaki ([Part 1](#) / [Part 2](#))

### 3. [Event Report] Workshop on Building Collaboration Between Suicide Countermeasures and Other Systems in FY2025

On September 26, 2025, JSCP held the 2025 Workshop on Building Collaboration Between Suicide Countermeasures and Other Systems online. This workshop was designed to strengthen collaboration between suicide countermeasures and related initiatives in consumer administration, community welfare, and the Program for Supporting the Self-Reliance of People in Financial Distress (including the multilayered support system development project). Its purpose was to provide a forum for relevant organizations to learn together and to contribute to the development of comprehensive support policies by local governments. This was the first time the workshop has been held. Approximately 700 people participated on the day, including suicide countermeasures officials from municipalities and public health centers across the country, as well as staff and related organizations involved in consumer administration and the Program for Supporting the Self-Reliance of People in Financial Distress.

In the first half of the training, Chiaki Miyazaki, Counsellor for Policy of Suicide Prevention at the Minister's Secretariat, Ministry of Health, Labour and Welfare; Hisanobu Akai, Director of the Local Cooperation Division at the Consumer Affairs Agency; and Shinichi Nozaki, Director of the Community Welfare and Services Division at the Social Welfare and War Victims' Relief Bureau, Ministry of Health, Labour and Welfare, each introduced policies in their respective fields.

In the second half, Yuhei Okita, Director of the Welfare and Counseling Division at Adachi City in Tokyo, reported on the division's structure and initiatives. Afterwards, a panel discussion was held, joined by JSCP Representative Director Yasuyuki Shimizu. JSCP will continue to support the promotion of suicide countermeasures as "comprehensive support for living" through various training programs and other means, in collaboration with various local stakeholders.

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

### 4. [Investigations & Research] Publication of the "Report on Commissioned Research Results," "Final Report on Commissioned Research," and "Post-Evaluation (General Comments)" for the FY2024 Innovative Research Program on Suicide Countermeasures

To promote evidence-based policymaking and research that contributes to social return, the JSCP conducts the Innovative Research Program on Suicide Countermeasures, a comprehensive public-private partnership research program on suicide countermeasures, as stated in the General Principles of Suicide Countermeasures Policy (more information [here](#)).

We have published the program's FY2024 "Report on Commissioned Research Results," "Final Report on Commissioned Research," and "Post-Evaluation (General Comments)."

The 11 research projects listed therein were selected in FY2022 and completed at the end of FY2024. These 11 projects are categorized into the following three fields, which were set at the time of selection.

- Field 1: Suicide countermeasures for children and youth (5 projects)
- Field 2: Analysis and approach towards high-risk groups for suicide (2 projects)
- Field 3: Suicide countermeasures using big data, AI, etc. (4 projects)

The "Report on Commissioned Research Results" summarizes the results of the research conducted in FY2024, while the "Final Report on Commissioned Research" summarizes the overall results of the commissioned research period (3 years). Please take a look.

■ Click [here](#) for the FY2024 Report on Commissioned Research Results (11 projects).

■ Click [here](#) for the FY2024 Final Report on Commissioned Research (11 completed projects).

■ Click [here](#) for the Post Evaluation (General Comments) for the research projects selected in FY2022 (completed in FY2024).

## 5. [Investigations & Research] Announcement of Selection Results for the Innovative Research Program on Suicide Countermeasures in FY2025

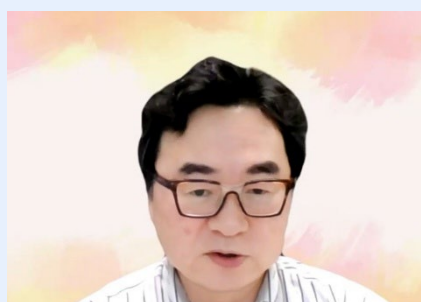
JSCP announced the results of the Innovative Research Program on Suicide Countermeasures in FY2025 by calling for proposals for commissioned research projects in three fields. The Governing Board, which selects the program's open proposals and evaluates the commissioned research, conducted a rigorous review of the submitted proposals and selected five projects (one in Field 1, 2 in Field 2, and 2 in Field 3, including one special category for young researchers). You can check [here](#) for details of the selected projects.

Each commissioned research project will begin on October 1. The research results for FY2025 are scheduled to be reported at the Research Results Report Session (Les Halles of Suicide Countermeasure Promotion) to be held in FY2026. The results report session will be open to those involved in the Innovative Research Program on Suicide Countermeasures, as well as suicide countermeasures officials from [local suicide countermeasures promotion centers](#) as well as prefectures and municipalities, officials from private organizations related to suicide countermeasures, and members of academic societies. We will announce the details in this newsletter and other media as the event approaches.

The Innovative Research Program on Suicide Countermeasures will set up multiple fields next year as well, and will be accepting applications for commissioned research projects. Details will be announced on our website as soon as they are decided.

■ [“Innovative Research Program on Suicide Countermeasures” homepage](#)

## 6. [Event Report] FY2025 Training Session on Care of Suicide Attempt Survivors “For Family Doctors”



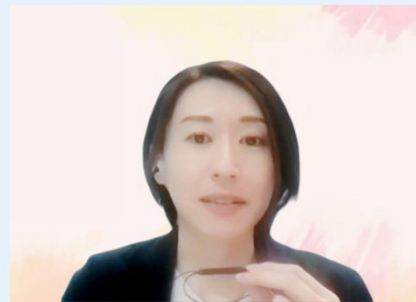
Chiaki Kawanishi

(Professor, Chair, Department of Neuropsychiatry, Sapporo Medical University School of Medicine)



Kotaro Otsuka

(Professor, Department of Neuropsychiatry, Iwate Medical University School of Medicine)



Shiori Ohashi

(Head of the Office for Suicide Attempt Survivors, JSCP)

On October 18, 2025, JSCP held the “FY2025 Training Session on Care of Suicide Attempt Survivors ‘For Family Doctors’” online. The target audience were doctors and dentists working in health and medical institutions, and about 130 people from across the country participated. Participants were given a lecture and a mini-test via e-learning (at any time during the designated period) beforehand, and then a workshop was held on the day.

During the question and answer session, the instructors provided practical answers to questions such as, “Is it permissible to contact a patient's family or workplace without their consent when they are experiencing suicidal ideation?”, “Are there any points to keep in mind when assessing depression or suicide risk in adults and children?” and “What can a family doctor do until an appointment can be made with a psychiatrist or psychosomatic medicine specialist?”

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

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

## 7. [Investigations & Research] Call for Papers for *Suicide Policy Research*

As announced in Issue 45 of this newsletter, JSCP is currently accepting manuscripts for its English-language open-access journal, *Suicide Policy Research* (Volume 5, No. 1). Since there will be no special feature, the topics will be broadly related to suicide and suicide prevention.

For more details, please refer to the [submission guidelines and instructions for authors](#).



If you wish to submit a manuscript, please send your name, affiliation, manuscript category, (tentative) title, and an English summary of approximately 200 words (free format) by email to the JSCP Journal Editorial Board Secretariat listed below by the application deadline (March 2, 2026). The deadline for completed manuscripts is March 31, 2026.

### **【Call for Papers Overview】**

<b>Required Information for Application</b>	Name, affiliation, manuscript category, (tentative) title, English abstract (approximately 200 words, free format) *Application Deadline: March 2, 2026 at 5:00PM (JST)
<b>Application/Manuscript Submission Address</b>	JSCP Journal Editorial Board Secretariat E-mail: journal # jscp.or.jp *Convert # to @ when sending your email.
<b>Original Article/Review (Subject to peer review)</b>	Deadline: March 31, 2026 at 5:00 PM (JST) Manuscript and Conflict of Interest (COI) Disclosure Form ( <u>Co-authors must also submit individual declarations</u> )
<b>Practical report/ Commentary/Others (Subject to a basic review)</b>	Deadline: March 31, 2026 at 5:00 PM (JST) Manuscript and Conflict of Interest (COI) Disclosure Form ( <u>Co-authors must also submit individual declarations</u> )

## **8. [International Collaboration] Participation in a Meeting to Support the Development of Mongolia's National Suicide Prevention Strategy**

On September 25, 2025, JSCP participated in a meeting to develop a national suicide prevention strategy, hosted by the Mongolian Ministry of Health's National Center of Mental Health. The meeting was held in cooperation with the World Health Organization (WHO) and invited domestic and international experts to participate in Mongolia's formulation of its first-ever national suicide prevention strategy. Attending from the Mongolian side were officials from various ministries and agencies involved in the formulation of the national suicide prevention strategy, as well as representatives from the WHO, other specialized agencies, and private entities. Representing JSCP, Representative Director Yasuyuki Shimizu, Director of the Department for General Suicide Countermeasures Yoshio Morino, and Director of the Office for International Cooperation Park Hye-sun participated online.

At the opening ceremony, representatives from the Public Health Department of the Ministry of Health of Mongolia, the National Center for Mental Health (NCMH), and the World Health Organization (WHO) Country Office in Mongolia delivered speeches. Afterwards, JSCP Representative Director Shimizu gave a presentation on suicide prevention measures in Japan. After explaining how he became involved in suicide prevention, he emphasized the following points in relation to the formulation of a national strategy in Mongolia:

- Suicide prevention is “comprehensive support for living”
- The importance of creating a framework for promoting suicide prevention measures throughout society
- The importance of national support for local areas to advance suicide prevention measures at the local level

Director Shimizu also introduced the training sessions and support initiatives that JSCP is conducting to achieve these goals.

Furthermore, Director Shimizu explained that by promoting suicide prevention measures not just as a part of mental health but as an integral component of social development that involves the highest levels of government, it will be possible to secure budgets and implement comprehensive measures. To that end, he stressed that it is equally important for society to understand the need for suicide countermeasures, and that working with the media to promote awareness-raising efforts will be an important step in promoting these measures. Finally, he touched on the importance of conveying the opinions of those affected to the wider world, and emphasized that support for such people is also essential.

## **9. [Reference Information] Registration is now open for the 2025 Autumn Lecture by the Japanese Society of Comprehensive Suicide Countermeasures**

The Japanese Society of Comprehensive Suicide Countermeasures will hold the “2025 Autumn Lecture” online on Thursday, November 27, 2025 (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; sponsored by the Ministry of Health, Labour and Welfare and JSCP).

On the day of the event, Miyoko Watanabe, Representative Director of the general incorporated association Cotton Mum, will give a talk entitled “Supporting Children in Their Struggles in Life: Young People Wandering in Search of a Space of Belonging.” Watanabe, whose goal is to help each child and individual “walk their own path,” has been engaged in a wide range of support activities. These include outreach work in urban districts and the creation of spaces of belonging, while

addressing diverse challenges such as abuse, poverty, school non-attendance, social withdrawal, and delinquency. Together with Watanabe, who has firsthand knowledge of the realities of support work, participants will consider practical tips for supporting those experiencing difficulties in life and for fostering community connections.

The session will be moderated by Hiromi Shozu, Head of the Office for Local Support, JSCP, and Executive Director of the Japanese Society of Comprehensive Suicide Countermeasures. Following the lecture, Yoshio Morino, Director of JSCP's Department for General Suicide Countermeasures and Auditor of the Japanese Society of Comprehensive Suicide Countermeasures, will participate as a commentator in the discussion.

For details and registration instructions, please visit the event information page below 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 Thursday, November 20, 2025.

■ Information page : [https://jscsc.smoosy.atlas.jp/ja/lecture\\_2025\\_2](https://jscsc.smoosy.atlas.jp/ja/lecture_2025_2)

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

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

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■ Training videos are gradually being uploaded to the YouTube “JSCP\_PR Office” channel.

<https://www.youtube.com/channel/UCNWP2O5zTuul-j8GfTeKzHQ>

■ 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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