



Newsletter Vol.50 (December 2025)

Japan Suicide Countermeasures Promotion Center



Thank you for subscribing to the newsletter of Japan Suicide Countermeasures Promotion Center (JSCP). With this issue, the JSCP Newsletter has reached a milestone: our 50th edition. We would like to express our sincere gratitude for your continued readership. In this issue, we cover the block training sessions held for staff at the Local Suicide Countermeasures Promotion Centers. We also feature articles on the reality of “self-harm” among young people, analyzed by JSCP using emergency transport data, as well as reports on our participation in training sessions and lectures supporting those bereaved by suicide.

※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. **[Event Report]** FY2025 Block Training Sessions of Local Suicide Countermeasures Promotion Centers

JSCP holds Block Training Sessions by dividing Local Suicide Countermeasures Promotion Centers (hereinafter, Local Centers) in prefectures and ordinance-designated cities throughout Japan into six blocks (Hokkaido/Tohoku, Kanto, Chubu/Hokuriku, Kinki, Chugoku/Shikoku, and Kyushu/Okinawa). The purpose of these training sessions is for the Local Centers, which serve as area managers for suicide countermeasures, to share challenges they face when supporting people in charge of suicide countermeasures in municipalities and administrative districts within their jurisdiction, and to exchange opinions on various initiatives. This fiscal year, the sessions were held in a face-to-face format from October 2nd to November 11th, with a total of 104 people participating across the six blocks.

Local Center staff are composed of administrative personnel and professionals (such as public health nurses, certified psychologists, and mental health social workers), with varying levels of experience. During the training sessions, participants engaged in group work to share the challenges and difficulties of collaborating with other departments and supporting municipalities, discuss potential countermeasures, and gain new perspectives through interaction with different professions.



JSCP Representative Director Yasuyuki Shimizu greeting participants from local centers

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In the questionnaire conducted after the training sessions, participants submitted feedback such as: “Sharing the initiatives and challenges of other local governments through group work allowed me to broaden my knowledge, making this a meaningful opportunity.” “I recognized anew that suicide countermeasures are not a standalone measure, but require comprehensive collaboration with other areas like poverty, domestic violence, and education.” “It was helpful to hear from those with many years of experience. I came to feel confident that things were fine as they are, and it energized me.”

On the other hand, there were also comments such as: “I felt a need to know more specific details, such as how other local governments secure their budgets and the know-how for making requests to the main government office.” “While I understand the concepts regarding the role of the Local Suicide Countermeasures Promotion Center, collaboration, and flexible use of mechanisms and budgets, I feel anxious about execution, as the challenges related to personnel, organizational structure, and local resources are significant and often beyond the control of the staff in charge.”

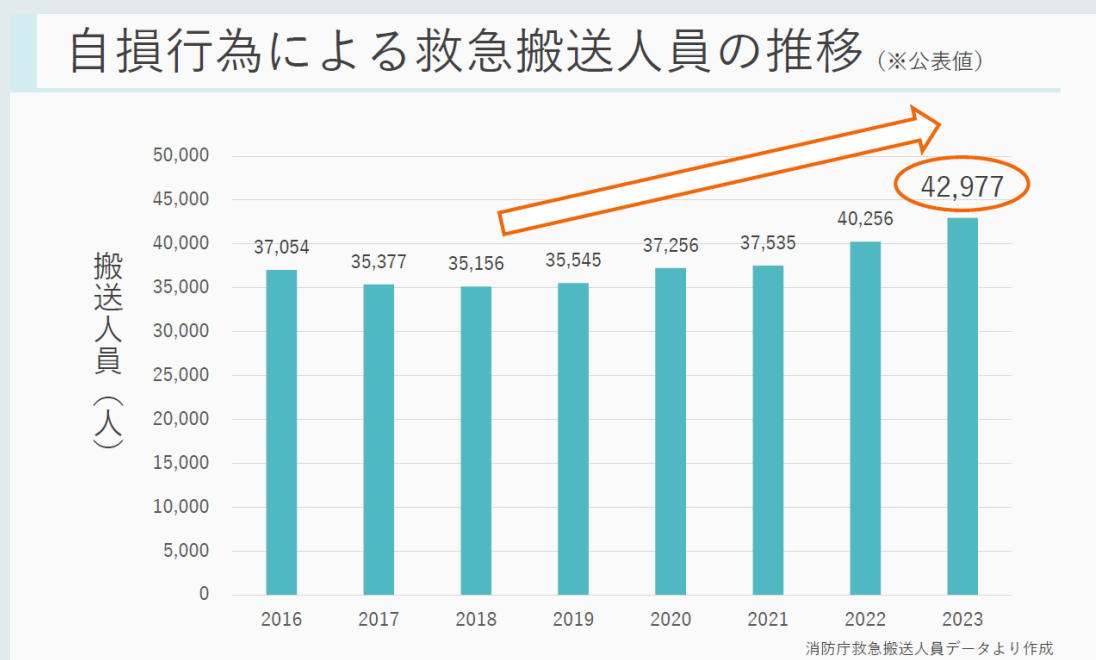
Based on this feedback, JSCP will continue to support the promotion of local suicide countermeasures by incorporating this feedback into the planning and operation of training sessions in the next fiscal year and beyond.



Participants exchanging ideas during group work

2. [Article Published] Increasing Trend of “Self-Harm” Shown by Emergency Transport Data: Especially Evident Among Young Women

JSCP has published an article summarizing the reality of “self-harm” behavior among young people and the current status of support for those who have self-injured or attempted suicide. This article is based on JSCP’s analysis of data, including (1) the Fire and Disaster Management Agency’s emergency transport data and (2) the 2025 report from the [“JAPAN Registry of Self-harm and Suicide Attempts \(JA-RSA\)”](#).



Upon analyzing the Fire and Disaster Management Agency’s emergency transport data, JSCP found that the number of emergency transports due to “self-harm” (intentionally injuring oneself) has been increasing since 2019. This increase is particularly pronounced among young women from 10 to 29 years old.

In addition, the JAPAN Registry of Self-harm and Suicide Attempts (JA-RSA), a case registration system targeting emergency and critical care centers nationwide (operated collaboratively by JSCP and the Japanese Society for Emergency Medicine), confirms that many emergency transports, particularly among young women, are due to drug overdose.

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

3. [Article Published] 〈Column Vol. 3〉 How to Report on Suicide: Is the “Werther Effect” Really that Strong?!

We have published the third installment in the column series on reporting about suicide. This is an ongoing series where a former newspaper reporter, now a JSCP Public Relations Officer, shares their observations and thoughts from the perspective of someone who moved from the “reporting side” to the field of suicide countermeasures, incorporating personal experiences.

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

4. [Support for Those Bereaved by Suicide] JSCP Staff Member Spoke at a Training Seminar on Supporting Those Bereaved by Suicide Hosted by a Local Government

JSCP provides lecturers for training sessions on supporting those bereaved by suicide, primarily for local government officials, professionals whose roles may involve contact with those bereaved by suicide, and staff members of private entities, in response to requests from prefectures and major cities. This fiscal year, such training has been conducted in Ibaraki Prefecture, Hiroshima Prefecture, Ehime Prefecture, Miyazaki Prefecture, and Okinawa Prefecture.

The training content is structured around several key components: the sharing of personal experiences from those bereaved by suicide, and, based on the [“Comprehensive Support Guide for Those Bereaved by Suicide \(Revised Edition\)”](#), which JSCP published in September 2024, the framework centers on the situations commonly faced by the bereaved, the structure and practice of support for them, and the introduction of initiatives implemented by local governments and other organizations. Feedback from local government officials who participated in the training, including those newly assigned to support roles for those bereaved by suicide due to personnel changes, included comments such as: “This was the first time I had ever heard the voice of a person bereaved by suicide.” “I learned that words I intended to use to show empathy could, conversely, potentially hurt the bereaved.”

JSCP will continue its efforts to deepen the understanding of support for those bereaved by suicide through such training and other opportunities in the future.

5. [Presentation Report] JSCP Staff Speaks at a Bereaved Family Support Event for Financial Institutions

On November 14, 2025, Hitoshi Akita from the JSCP Office for Suicide Bereaved Support spoke at the 7th Grief Care Forum hosted by the Japan Grief Care Gift Association and sponsored by the Ministry of Health, Labour and Welfare, the Financial Services Agency, and the Digital Agency. This forum has been held annually since 2019 with the aim of sharing information among financial institutions that have incorporated the principles of grief care into their operations. It was held in a combination of face-to-face and online formats, and approximately 690 people from 133 companies (nearly double last year’s attendance), primarily financial institutions such as banks and life insurance companies, registered to participate.

On the day of the event, 10 companies and organizations, including JSCP, presented concrete examples of business improvements from the perspective of bereaved families. These examples included: conducting training for employees and clients, subsidizing the cost of obtaining grief care certifications, creating manuals for engaging with bereaved clients, and standardizing inheritance procedures across multiple local financial institutions. Akita from JSCP explained the framework for suicide countermeasures and the points of contact between the financial industry and people bereaved by suicide, and also presented an overview of the [“Comprehensive Support Guide for Those Bereaved by Suicide \(Revised Edition\)”](#) published by JSCP in September 2024.

改訂のポイント

3. 自死遺族等支援に特化した取組だけでなく、自死遺族等を含む遺族支援全般の取組も紹介

金融機関を対象としたグリーフケアの普及活動

5.10 多様化する遺族等支援

2016年（平成28年）に設立した「日本グリーフケア協会」では、生命保険金の請求や相続、事業承継の手続きなどに伴い、遺族等に接する機会が多い金融機関の行員等を対象に、遺族等の心理に配慮した接遇を学ぶためのグリーフケア研修を実施している。研修では、遺族等の心理を解説した上で、状況に配慮した接遇の具体例を示すとともに、金融機関による二次被害を生まないよう、接遇手続の標準化を推進している。2019年（令和元年）からは、金融機関におけるグリーフケアの取組と課題の共有を行うためのフォーラムを年に1回開催（後援：金融庁、デジタル庁）。書籍の発行や研修プログラムの提供、来店が必要のないネット申請の促進、「自死」と「他死」など聞き違えられることで負担を感じる営業への配慮などが話題提供され、それらを踏まえた取組が参加企業で広がっている。2021年（令和3年）に、生命保険会社の業界団体である日本生命保険協会の会員各社向けに顧客対応の手引き（Ⅲ）を作成するなど、業界全体としての動きにつながっている。（参考 <https://www.griefcare.jp/>）

（※）保険金、配付金支払時にお客さまの心機に寄り添うためのハンドブック「グリーフケアに気づくお客さま対応の手引き」

・遺族等と接する機会が多い金融機関の接遇を見直すことにより、遺族等の二次被害の予防につながる。
・死別後の手続を見直すことにより、遺族等の負担軽減につながる。

■ Click [here](#) for more information about the 7th Grief Care Forum

6. [Support for Those Bereaved by Suicide] Applications Now Open for Training and Opinion Exchange Meeting for Support Groups for Those Bereaved by Suicide

JSCP will host the “FY2025 Training and Opinion Exchange Meeting for Support Groups for Those Bereaved by Suicide” online on Saturday, January 10, 2026.

Starting in 2022, JSCP has been holding training sessions and opinion exchange meetings for support groups for those bereaved by suicide, with the aim of providing a platform across the country for these groups to exchange opinions and gather insights that can aid in their activities. This year’s event is titled “On ‘Comprehensive Support’ in the Assistance of Those Bereaved by Suicide: Through the Activities of the Tokyo Integrated Support Center for People Bereaved by Suicide.” The first half will feature a report on the pioneering “comprehensive support” activities in Tokyo and an explanation of legal issues in suicide bereavement support. The second half will consist of an opinion exchange meeting among the organizations.

The specific content is as follows:

(1) Activity Reports, etc.

—Lecture 1: “The Two-Year Journey of the Tokyo Integrated Support Center for People Bereaved by Suicide: Introducing Case Studies of Connection and Support” / Speaker: Naoko Sugimoto, Executive Director, NPO National Comprehensive Support Center for People Bereaved by Suicide.

—Lecture 2: “Suicide Bereavement Support and the Law” / Speaker: Teruyuki Ogoshi, Secretary-General, Attorneys’ Group for Suicide Bereavement Support.

(2) Opinion Exchange Meeting Among Organizations

For details on the content and how to apply, please see the JSCP website below. The application deadline is Monday, January 5, 2026. Please note that participation in this training is limited to personnel from private entities that provide support to those bereaved by suicide (up to two people per organization).

We look forward to your participation.

■ Click [here](#) to see an overview of the training

■ Application form is [here](#)

7. [Interview with JSCP Staff] Shota Shimono, Office Head for Local Support, Department for Promoting Local Collaboration “The Clues for Support Lie in the ‘Reasons Why We Can’t’”: Building Trust Through Continuous, Hands-on Support

Shota Shimono, Office Head for Local Support, is responsible for supporting the establishment and operation of “[Child Suicide Crisis Response Team](#).” He supports local government personnel implementing these programs to expand the network of child support across the country.



<Profile> Shota Shimono

Hailing from Hyogo Prefecture, he worked at an advertising production company and a PR firm before joining the NPO LIFELINK Suicide Prevention Action Network Japan in 2019. In the same year, he was involved in the operation of Nagano Prefecture’s “Child Suicide Crisis Response Team,” which was established as a pioneering model project for youth suicide countermeasures nationwide. He has been with JSCP since April 2020. After serving as the Office Head of the Public Relations Office, he became the Office Head of the Local Support in April 2023, where he engages in supporting local governments and other entities regarding local suicide countermeasures. He primarily oversees the “Child Suicide Crisis Response Team,” established by prefectures and major cities.

——Please tell me about your role in the “Child Suicide Crisis Response Team” program, which you primarily oversee.

Shimono) As a member of the Department for Promoting Local Collaboration, I am primarily responsible for supporting local governments in the establishment and operation of a “Child Suicide Crisis Response Team” (hereafter, the Crisis Response Team). The Crisis Response Team is an initiative that involves collaboration between schools and the community to prevent suicide among children and youth. It involves establishing and operating a multidisciplinary expert team consisting of child psychiatrists, psychologists, public health nurses, mental health social workers, and others. Based on the initiative pioneered in Nagano Prefecture, since fiscal year 2023, it has been designated as a grant project overseen by the Ministry of Health, Labour and Welfare. JSCP assists local governments in smoothly establishing and operating a Crisis Response Team.

It is often the school that first notices the signs when a child is in suicidal crisis. However, there are many cases where it is difficult for the school to handle the situation alone, and it is not uncommon for teachers to worry about “how to talk to the child” or “how far they should go in their response.” Particularly when multiple factors, such as family issues, are involved in the background of the suicidal crisis, there are limits to what the school can do on its own.

The Crisis Response Team acts as a “companion” for the school. The team’s experts advise the school on response policies and other matters, and based on that advice, the team takes on the role of providing support until a comprehensive assistance system (involving collaboration with local partners such as public health nurses, child consultation centers, and medical institutions) is established. Our job is to encourage the transition from the school having to “fight a solitary battle” to a system where the entire community supports the child. This involves promoting the creation of that mechanism (the establishment of a Crisis Response Team program).

▼Other Questions

- What are your specific job duties?
- What did you do before working at JSCP?
- What led you to become involved in suicide countermeasures?
- What are your thoughts on suicide countermeasures and what do you want 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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