



Newsletter Vol.52 (February 2026)

Japan Suicide Countermeasures Promotion Center

Thank you for subscribing to the newsletter of Japan Suicide Countermeasures Promotion Center (JSCP). This issue includes the provisional number of annual suicides for 2025 announced at the end of January, the launch of a special website for the “Child Suicide Crisis Response Team ,” the publication of a report on the best practice case study of the Support Meeting under the Act for Supporting the Self-Reliance of Persons in Need, training for university faculty and staff, and training for support groups for 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. **[Suicide Countermeasures] Regarding the Provisional Number of Annual Suicides for 2025**

On January 29, Ministry of Health, Labour and Welfare announced the provisional number of annual suicides for 2025. The cumulative number of suicides from January to December of the same year is 19,097, which is a decrease of 1,223 from the previous year (the comparison is based on confirmed figures; the same applies hereinafter). If this number is confirmed, it will be the first time since the start of suicide statistics in 1978 that the number falls below 20,000. By gender, there were 13,117 men and 5,980 women, a decrease of 684 (men) and 539 (women) from the previous year, respectively.

When viewed by age group, there is a decrease in each age group from the 20s to 80 and over, but there was an increase in those 19 years old and younger. In particular, the number of elementary, junior high, and high school students, whose situation has become grave in recent years, increased to 532, three more than the previous year. If this is confirmed, it will be the highest number on record. When looking at elementary, junior high, and high school students by gender, the total number of females exceeded that of males for the second consecutive year, but while the number of females decreased from 290 to 277, the number of males increased from 239 to 255. The revised Basic Act on Suicide Countermeasures, which was enacted last year, stated that the entire society should work on suicide countermeasures for children, but the state of emergency continues.

In terms of overall causes and motivations, “economic and living issues” have increased. In particular, issues such as financial

difficulty, debt, and business slumps are prominent.

■ Click [here](#) for documents from the Ministry of Health, Labour and Welfare.

2. [Suicide Countermeasures for Children and Youth] Release of the “Resource Collection Page for Child Suicide Crisis Response Team”

JSCP has published a webpage summarizing various information related to the “Child Suicide Crisis Response Team Project.” A “Child Suicide Crisis Response Team” consists of a team of multi-disciplinary experts (psychiatrists, psychologists, mental health social workers, lawyers, etc.) that provides “advice” to local supporters in schools and other institutions who are struggling to respond to children and youth at high risk of suicide, supporting the implementation of comprehensive support for children and youth. Starting in FY2023 year as a grant project from the Ministry of Health, Labour and Welfare, it was also included in the “[Child Suicide Countermeasures Promotion Package](#)” compiled by the inter-ministerial meeting on child suicide countermeasures in September 2025.

JSCP provides individualized hands-on support to help municipalities (*) smoothly establish and operate crisis response teams. On the newly launched webpage, we are sequentially releasing project overviews and practical training materials. We encourage municipalities and education departments that are already implementing this project, or are considering its introduction, to make use of these resources. (We plan to continue expanding the content on an ongoing basis.)

* The implementing entities are prefectures and ordinance-designated cities. As of FY2025, 24 municipalities have applied for the project.

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

3. [Local Cooperation] A Report on the Best Practice Case Study of the “Support Meeting” Under the Act for Supporting the Self-Reliance of Persons in Need, Which Serves as a Reference for the Operation of the “Statutory Council,” Has Been Published

On February 3, JSCP published a report on the collection of case studies related to suicide countermeasures utilizing the “Support Meeting” under the Act for Supporting the Self-Reliance of Persons in Need for FY2025. The revised Basic Act on Suicide Countermeasures, enacted in June 2025, allows municipalities to establish “Statutory Councils” to comprehensively and effectively promote suicide countermeasures for children, with participation from relevant agencies across education, health and welfare, medical care, police, and private sectors (this part will be implemented on April 1 of this year). While these “Statutory Councils” are a new addition, local governments already possess multi-disciplinary networking bodies with confidentiality and response obligations, such as the “Regional Council of Countermeasures for Children Requiring Aid” under the Child Welfare Act. The “Support Meeting” based on the Act for Supporting the Self-Reliance of Persons in Need is one of them.

To this end, we have surveyed practical case studies of “Support Meetings” that serve as a reference for operating the “Statutory Councils” for child suicide countermeasures and compiled them into this report. Regarding cases such as “Support for a household and the eldest daughter expressing suicidal ideation”(*), the report explains the “Consultation Overview,” “Preparations for the Support Meeting and status of coordination with related organizations,” “Details of information sharing,” “Clarified issues,” “Support policies,” “Division of roles,” “Support outcomes,” and “Feedback from participants.” Furthermore, the report lists common key points: tips for building a comprehensive support system through collaboration between local organizations. It also introduces tools that are useful for conducting these support meetings.

Please make use of this report as a reference material for developing systems moving forward.

* The names of the municipalities where the case studies were collected have not been disclosed. Also, some modifications have been made to the case content to protect personal information.

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

4. [Suicide Countermeasures for Children and Youth] The English Version of “Online Training Program to Promote Suicide Countermeasures at Universities” Has Been Published

In recent years, the grave situation surrounding suicides among children and youth has persisted. In 2024, the number of suicides among elementary, junior high, and high school students reached the highest ever (as introduced in “1.”, the provisional number for 2025 has further increased). Moreover, the number of suicides among university students also remained high, with 409 university and graduate students dying by suicide in 2024 (see “[Status of Suicide among University Students](#)” for reference). The promotion of suicide countermeasures at universities is an urgent issue.

Since FY2024, JSCP has been providing an “Online Training Program to Promote Suicide Countermeasures at Universities” in an e-learning format. We have now developed and released an English version of this training. Like the Japanese version, it can be taken anytime and as many times as needed, and a certificate of completion can be downloaded and printed after finishing the training.

We hope that by having English-speaking faculty and staff utilize this training, suicide countermeasures efforts within universities will be further advanced.

[Overview of the Training]

Training Name : Online Training Program to Promote Suicide Countermeasures at Universities

Lecture : ① Overview of Suicide among University Students

Created by the Japan Suicide Countermeasures Promotion Center

② Suicide Countermeasures—Individual Skills

Lecture: Professor Terumi Ishii (Health Support Center, Waseda University)

③ Suicide Countermeasures—Organizational Skills

Lecture: Professor Hirokazu Tachikawa (Department of Disaster and Community Psychiatry, Institute of Medicine, University of Tsukuba)

Target Audience : For all university faculty and staff (Especially for English Speakers)

Course Fee : Free

■ Click [here](#) for course registration and detailed information.

5. [Article Published] Online Training Program to Promote Suicide Countermeasures at Universities: “Best Practice Case Study”

Since we began offering the Japanese version of the “Online Training Program to Promote Suicide Countermeasures at Universities” (introduced in section “4.”) in March 2025, nearly 3,500 people have taken the course to date. We recently interviewed Medical University A (a private university), where more than 120 faculty and staff members have completed the training, regarding the background of its introduction and how they are utilizing it. We have now published this as a “Best Practice Case Study.” We encourage everyone, especially those currently considering implementing this training within their own institutions, to take a look.

■ Click [here](#) for “Best Practice Case Study: Medical University A”.

6. [Investigations & Research] Innovative Research Program on Suicide Countermeasures: Research Results Report (2) Development of a Local Cooperation Model for School-Based Help-Seeking Programs

In the second installment of our series introducing the results of the “Innovative Research Program on Suicide Countermeasures,” which provides commissioned research grants to researchers in suicide countermeasures and related fields (as reported at the FY2025 Les Halles of Suicide Countermeasure Promotion), we highlight “Development of a local cooperation model for school-based help-seeking programs” (R4-1-2) from Field 1 (Suicide countermeasures for children and youth). Led by Principal Investigator Shingo Ebata, Associate Professor at Chukyo Gakuin University, efforts have been made to develop a local cooperation model regarding the help-seeking programs that have been conducted in school settings in recent years.

“School-based help-seeking programs” (hereafter referred to as “SOS Training”) is a form of education designed for students to learn and foster coping skills and “help-seeking behavior” (also known as help-seeking attitudes) for times when they experience heavy psychological burdens or emotional distress. In response to the grave situation regarding children and youth suicide in recent years, the implementation of SOS Training is highly recommended within schools. Regarding this training, Ebata notes: “Unlike suicide prevention programs developed in the West, SOS Training lacks a sufficient accumulation of evidence and research. Furthermore, because it can be difficult to use the word ‘suicide,’ there are questions about its status as a suicide prevention education program.

However, it is certainly important from the perspective of suicide prevention in terms of promoting help-seeking behavior. At the same time, the causes of suicide are complex and involve an array of intertwined factors. To address this, it is important to promote comprehensive suicide prevention education in collaboration with various local organizations. A major objective of this research is to establish such a model for local cooperation,” he explained at the beginning of the Les Halles report.



Principal Investigator: Shingo Ebata, Associate Professor,
Chukyo Gakuin University

Specifically, after conducting surveys to understand the current status of SOS Training, we developed an SOS Training program to be implemented jointly by schools and the local community (municipalities) based on those findings, and we are

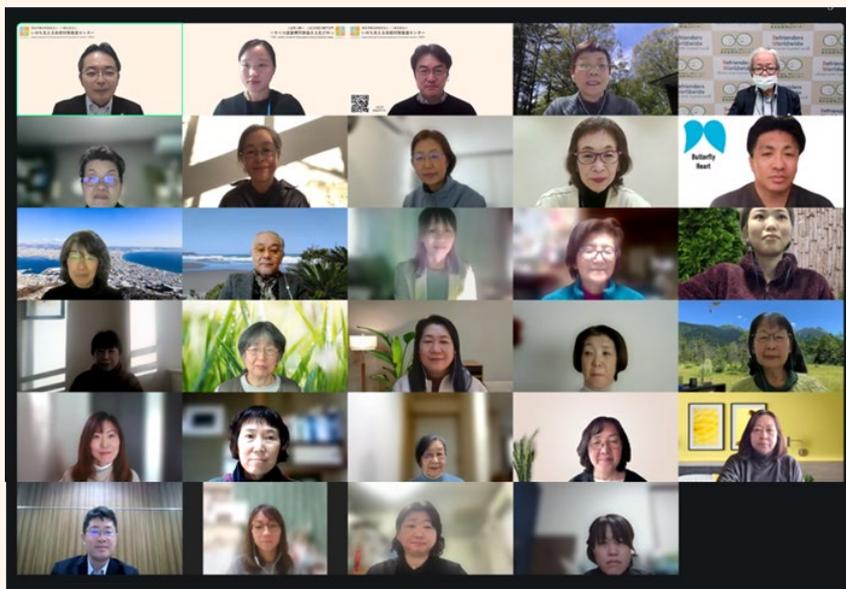
now verifying its effectiveness.

- Click [here](#) for the details of the research results report.
- Click [here](#) to view the final report of this study.

7. [Event Report] Held the FY2025 “Training and Opinion Exchange Meeting for Support Groups for Those Bereaved by Suicide”

On January 10, 2026, JSCP held the FY2025 “Training and Opinion Exchange Meeting for Support Groups for Those Bereaved by Suicide” online, targeting private entity that provide support to people bereaved by suicide, with participation from 23 organizations and 30 individuals nationwide. This training has been held annually since FY2022 by JSCP with the aim of providing a platform for support groups for those bereaved by suicide across the country to exchange opinions and gather insights that can aid in their activities.

In light of the June 2025 revision of the Basic Act on Suicide Countermeasures, which added a provision to Article 21 to provide “comprehensive support” for people bereaved by suicide so that “their anxieties and other difficulties in daily life may be alleviated,” this year’s event was held under the theme: “Regarding ‘Comprehensive Support’ for People Bereaved by Suicide: Through the Activities of the Tokyo Integrated Support Center for People Bereaved by Suicide.” The first half featured a report on the pioneering “comprehensive support” activities in Tokyo and an explanation of legal issues surrounding support for people bereaved by suicide. The second half consisted of an opinion exchange meeting among the organizations.



Group photo of participants of the training and opinion exchange meeting and JSCP staff
*Participants’ permission was obtained to post this photograph.

- Click [here](#) to see a detailed report on the training.

8. [Article Published] <Column Vol. 4> Suicide Coverage: Learning from Overseas Approaches—A Non-Coercive Guideline

We have published the fourth installment in the column series on Suicide Coverage. 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.

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

9. [Awareness-Raising] Awareness-Raising Content That Can Be Used During the Suicide Countermeasures Strengthening Month in March

March is the Suicide Countermeasures Strengthening Month as stipulated in the Basic Act on Suicide Countermeasures. The General Principles of Suicide Countermeasures Policy states that the national government, local governments, related organizations, private entities, and others will work together to promote awareness-raising activities based on the philosophy of “life-supporting suicide countermeasures.”

JSCP has created the following awareness-raising videos, websites, posters, etc. that can be used during Suicide

Countermeasures Strengthening Month. 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](#).

**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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