

Symposium | Suicide prevention : [Symposium 42] Suicide prevention-2

📅 2025年9月26日(金) 13:10 ~ 14:40 🏢 Session Room 7 (Conference Room C)

[Symposium 42] Suicide prevention-2

Moderator: Yoshinori Cho (National Center of Neurology and Psychiatry), Shih-Cheng Liao (Department of Psychiatry, College of Medicine, National Taiwan University)

[SY-42-01] Comprehensive Suicide Prevention Strategies in Japan*Kouta Suzuki¹ (1. Department of Neuropsychiatry, Keio University School of Medicine (Japan))

キーワード : Suicide Prevention、Child Suicide、General Principles of Suicide Countermeasures

In Japan, suicide is driven not only by individual mental health issues but also by societal factors such as overwork, financial hardship, caregiving burdens, bullying, and social isolation. To address this, the *Basic Act on Suicide Countermeasures* was enacted in 2006, reframing suicide as a societal issue rather than a personal one. Since then, the number of suicides has declined significantly—from 32,155 in 2006 to 20,169 in 2019. However, more than 20,000 people still die by suicide each year. The 2021 revision of the *General Principles of Suicide Countermeasures Policy* identified four priority areas: (1) children and youth, (2) women, (3) regional initiatives, and (4) cross-sectoral strategies. Successful implementation of these strategies requires collaboration across the health, welfare, education, and labor sectors, supported by integrated medical, economic, and social approaches. A particularly serious concern in recent years is the rise in suicides among children. In 2022, child suicides reached a record high of 514 cases. Suicides among junior and high school students sharply increased in 2020, and since then, the number of high school student suicides has remained above 300 annually. Suicides among junior high school students have also consistently exceeded 140 each year, indicating a sustained high level. In response to this urgent issue, an emergency action plan was launched in 2023 under the leadership of the *Children and Families Agency*. As part of the initiative, a support website titled “*You Are Not Alone*” was established, offering chatbot-guided assistance and information on available consultation services. In addition, support for private organizations providing phone- and SNS-based counseling has been strengthened to meet increasing demand. Building a society where no one is driven to take their own life requires stronger collaboration among medical professionals, local communities, and government agencies—anchored in clearly defined roles and sustained, coordinated efforts.