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FPCJ Press Briefing

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FPCJ Press Briefing

Aiming for 30% Decrease in Suicide Rate
Revising Suicide Prevention Guidelines for the First Time in 5
Years

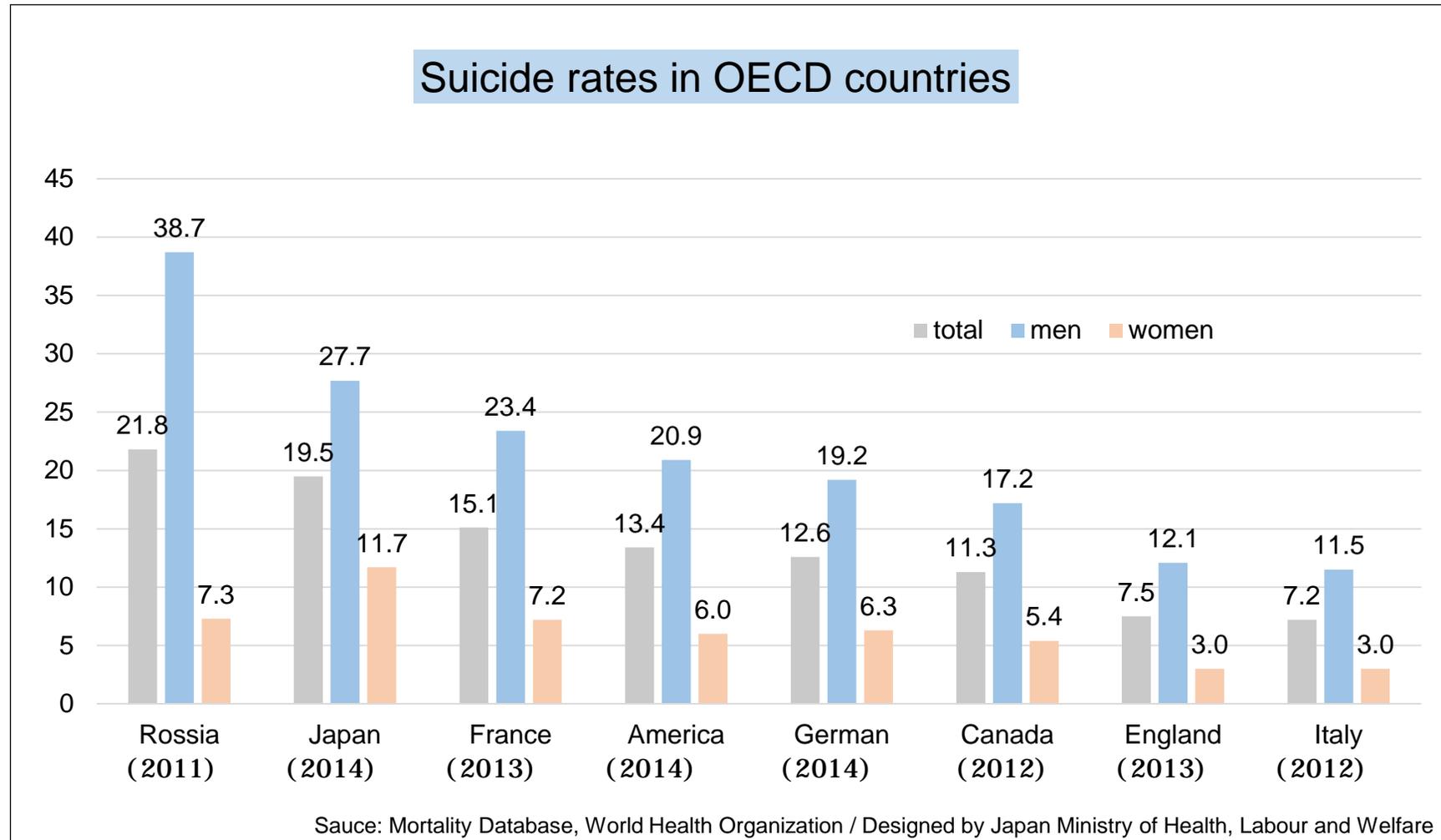
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Director

Japan Support Center for Suicide Countermeasures

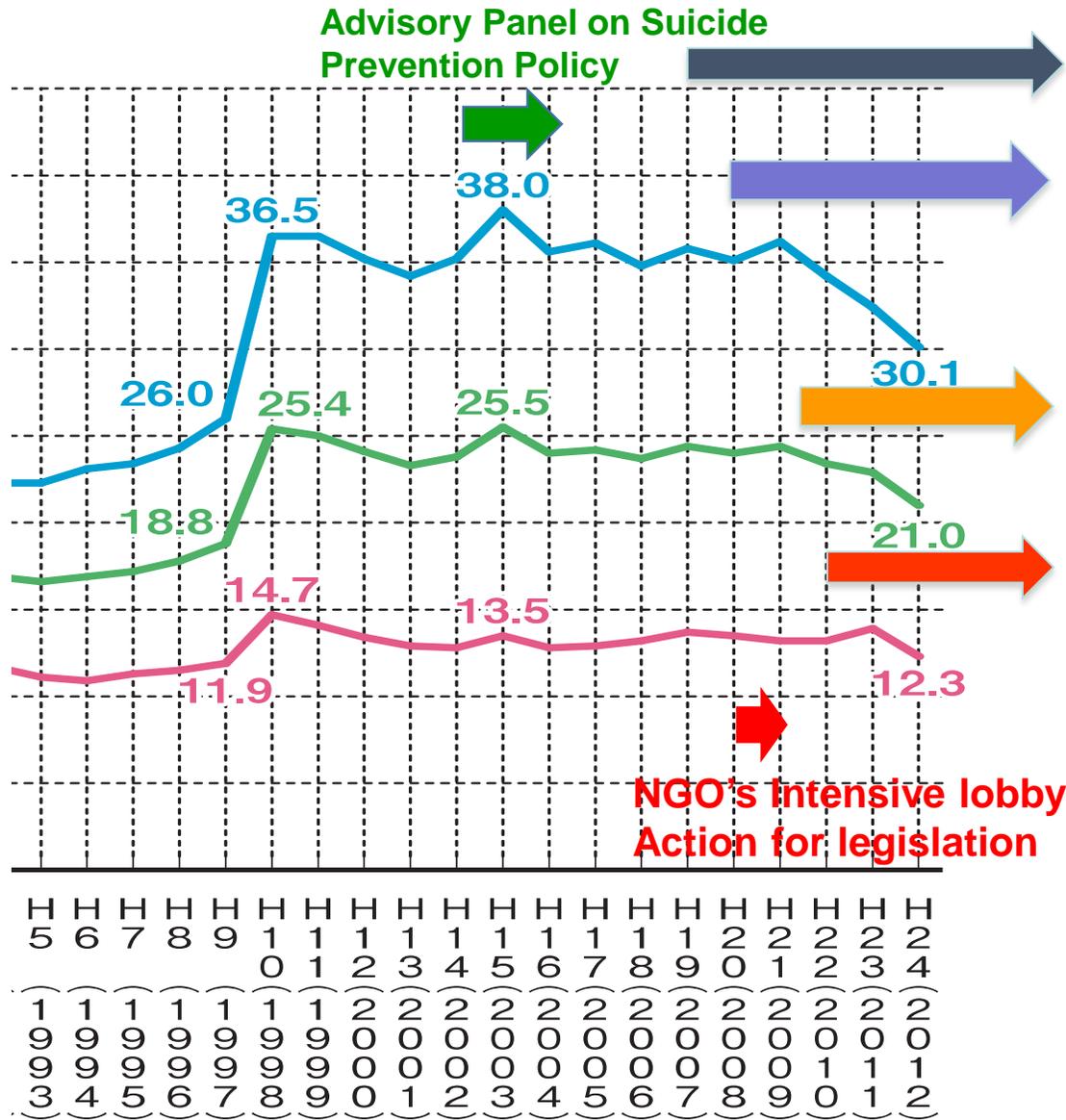
National Center of Neurology and Psychiatry

An international comparison on suicide rates in OECD countries



Decrease in suicide rate after policy intervention

Is there any causality between decrease in suicide and policy intervention?



Develop the Basic Law on Suicide Countermeasures

Change in the Money-Lending Business Control and Regulation Law

Program to Remedy the Multiple Debt Problem

Urgent Plan for Suicide Prevention for Saving the Lives

Start of Comprehensive Consulting Service

Emergency Fund to Enhance Community-Based Suicide Countermeasures

NGO's Intensive lobby Action for legislation

The Report of the Advisory Panel on Suicide Prevention Policy, dominated by opinion of psychiatrist, lacked recognition of socioeconomic factors, resulting in failure of effective policy proposal for reducing suicide.

Recent trend of suicide prevention policies in Japan

Establishment of Framework of Policy
Awareness-raising
Eradication of stigma
Provision of financial framework at local level
Comprehensive approach
NPO's activities
Strengthening community action
PDCA cycle and Evaluation



October, 2006	Enforcement of Basic Law on Suicide Countermeasures
June, 2007	Suicide Prevention Principles
January, 2009	Emergency Fund to Enhance Community-Based Suicide Countermeasures
June, 2012	Revision of Suicide Prevention Principles
October, 2014	Announcement of achievement of strategic research project NOCOMIT-J.
2012~2014	Evaluation of Emergency Fund to Enhance Community-Based Suicide Countermeasures
2015	New governmental budget for suicide prevention policy in 2016 was proposed (250 million yen) by the Cabinet Office

Evaluation of policy effectiveness will be asked.
Promotion of community-based suicide prevention policy

Basic Law on Suicide Countermeasures

Identification of the fundamental principles

“...in an effort to realize a society in which no one will be driven to take their own life.”

(added to Article 1)

With the aim of ensuring that all people are valued as human beings and are able to live meaningful lives with hope for the future based upon their zest for living, suicide countermeasures must be implemented as comprehensive support for people’s lives in a way that contributes to overcoming various factors that may interfere with the accomplishment of this aim and widely and appropriately establishing and enhancing the environment to assist and facilitate such support.

(created as Article 2-1)

Suicide countermeasures must be implemented on a comprehensive basis through the organic coordination of measures and policies related to health, medicine, welfare, education, labor and other relevant issues.

(created as Article 2-5)

From suicide prevention as a disease model to suicide countermeasures as comprehensive countermeasures

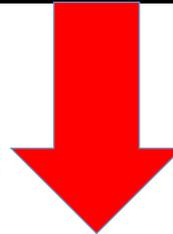
The limit of a model that serious depression results in suicide



Reconstruct suicide countermeasures as comprehensive countermeasures

Implementation of Basic Law on Suicide Countermeasures (2006)
Development of General Principles of Suicide Prevention Policy (2007)
Implementation of revised Basic Law on Suicide Countermeasures (2016)

A great paradigm shift has occurred in its
fundamental principles and method of
suicide countermeasures during 10 years



It has been recognized that we need to take advantage of ideas or methods of
public health beyond the area of medical care for solving suicidal problems
(Doctors are just actors as well as public health nurses, welfare staffs, and private parties)

Suicide countermeasures must be implemented on a comprehensive basis through the effective
coordination of measures and policies related to health, medicine, welfare, education, labor and
other relevant issues.

(Article 2-5 in Basic Law on Suicide Countermeasures)

Basic policies indicated in revised Basic Law on Suicide Countermeasures

1. Promotion of Surveys and Research, etc., and Development of Framework (Art.15)
2. Securing of Human Resources, etc. (Art.16)
3. Promotion of Education and Awareness-Raising Related to Maintaining Mental Health, etc. (Art.17)
4. Development of Framework for Medical Treatment Provision (Art.18)
5. Development of Framework to Prevent Suicide, etc. (Art.19)
6. Support for Suicide Attempt Survivors, etc. (Art. 20)
7. Support for Relatives, etc., of Suicide Victims (Art.21)
8. Support for Activities by Private Sector Entities (Art. 22)

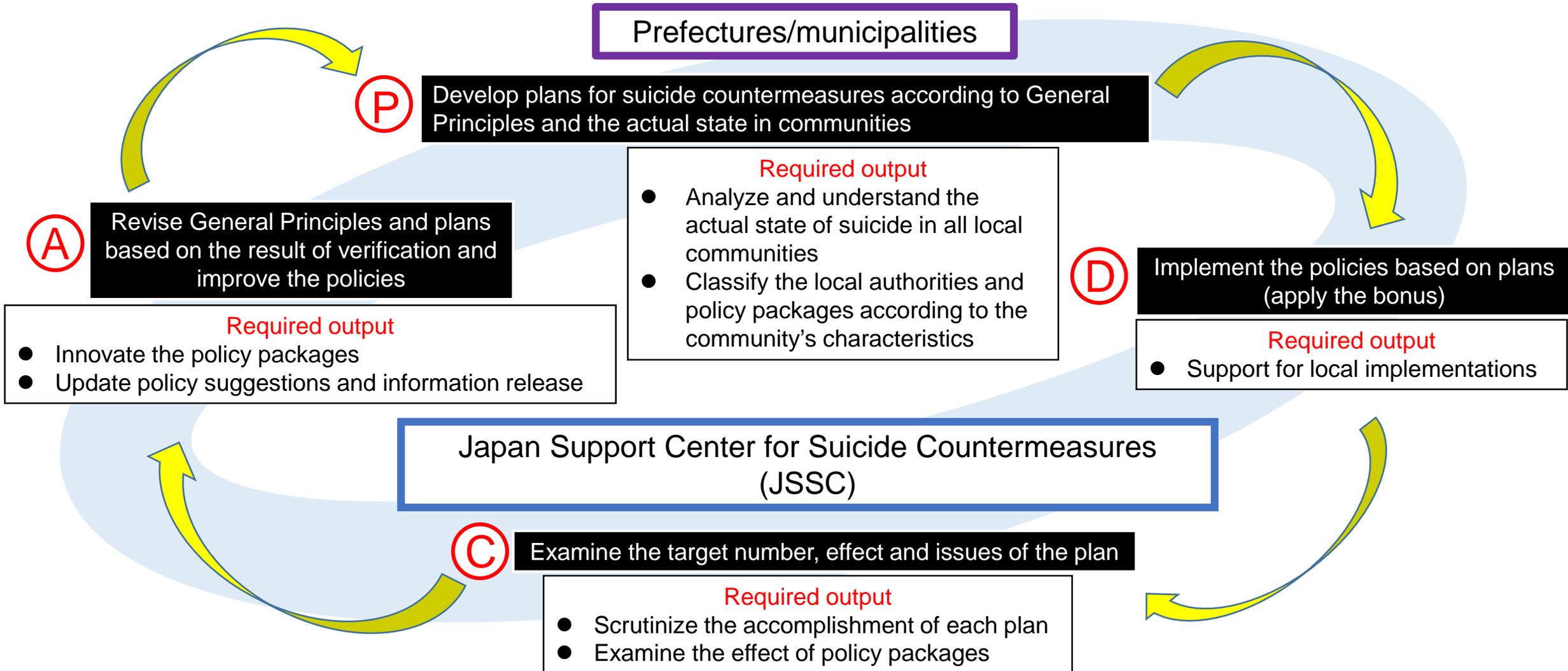
Support for promotion of suicide countermeasures in communities

Roles of Japan Support Center for Suicide Countermeasures

- Conduct analysis and provide data on the actual status of suicide to identify the local features in prefectures and municipalities.
- Give technical supports based on evidence to develop a plan for suicide countermeasures in prefectures and municipalities.
- Classify suicide countermeasures in community and give supports for prefectures based on practical policy package to promote suicide countermeasures in community. (e.g. more suicide among young workers, elderly men who lost his job)
- Make a system to provide information for bereaved people by suicide in all prefectures.
- Train staffs and develop a system to support suicide survivors.
- Create practical educational method of “How to send SOS” targeted at children or student.

PDCA (plan-do-check-act) cycle in suicide

JSSC implements and contributes to suicide countermeasures through “output” required in each steps of PDCA cycle.



Promotion of suicide countermeasures in local community

Purpose / outline

(Purpose)

- It is serious that the suicide rate in Japan still remains high level though it has marked less than 30,000 for the past 3 years. In the above situation, an engagement with “Fund of imperative enhancement in suicide countermeasures in communities” showed some certain results in reducing suicides in recent years.
- Encourage continuous countermeasures according to community characteristics and develop suicide preventions corresponding to various risks such as changing a financial context.

cf. General Principles of Suicide Prevention Policy (determined in 2012) sets a goal that suicide rate (the number of suicide per 100,000 population) will be reduced by over 20% by 2016 compared with 2005.

(Outline)

- Support community/private groups which have practical efforts combining with various engagements according to their contexts.

Framework / examples

- Implement suicide countermeasures adapted for various generations and risk factors according to community contexts and focus on the measures for young people, suicide survivors, and people at high-risk of suicide.

Sample services

- **Development of consultation services easier available**
Also provide services at night and holidays. (Chiba)
- **Suicide preventions focused on young people**
School visiting and lecture “engagement for living” and training gatekeepers targeted for teachers. (Hokkaido)
- **Support preventions of re-attempting suicide etc. for survivors**
Developed “Support services with community-linking countermeasures for suicide survivors in Tokyo” (Tokyo)
- **Suicide preventions in high-risk areas.**
Support services for suicide attempters in Aokigahara forest (Yamanashi) etc.

flow of fund



Rate of assistance:

- Address high-risk factors or disasters: 10/10
- Services to be especially enhanced (e.g. young people, enhanced models, and development of plans): 2/3
- Public awareness or consulting service constantly implemented etc.: 1/2

Expected result

Contribute to realize a peaceful and safe society by providing community with support for living in order to address various factors underlying people who completed suicide, have attempted suicide(s) as well as patients of depression. Continuing social or economic activities including seeking jobs before being driven to suicide can also contribute to promote economic growth.

The Fundamental principle of comprehensive suicide countermeasures

Suicide countermeasures should be designed into change with a core of practical effort in local-level aiming to reduce risk of suicide in whole society through reducing “limiting factor for living and increasing “promoting factor for living” ” in society.

Basic policy of comprehensive suicide countermeasures

1. Promote it as a comprehensive support for living
2. Engage it comprehensively with enhancing organic linking to policies involved
3. Work with effective implementation on a step by step according to responding to the situation
4. Promote it practice and rising awareness as a pair of wheels
5. Identify roles of government, local authorities, relevant groups, private groups companies and people, and promote their collaboration

新たな「自殺総合対策大綱」の素案（概要）

未定稿

※赤字は現大綱からの主な変更箇所

平成28年の自殺対策基本法の改正や我が国の自殺の実態を踏まえ抜本的に見直し

第1 自殺総合対策の基本理念

誰も自殺に追い込まれることのない社会の実現を目指す

- 自殺対策は、社会における「**生きることの阻害要因**」を減らし、「**生きることの促進要因**」を増やすことを通じて、**社会全体の自殺リスクを低下**させる方向で、**地域レベルの実践的な取組を中心**とするものへと、転換を図っていくものとする

第2 自殺の現状と自殺総合対策における基本認識

- 自殺は、その多くが**追い込まれた末の死**である
- 年間自殺者数は減少傾向にあるが、**非常事態はまだまだ続いている**
- 地域レベルの実践的な取組を**PDCAサイクルを通じて推進**する

第3 自殺総合対策の基本方針

1. **生きることの包括的な支援**として推進する
2. **関連施策との有機的な連携を強化**して総合的に取り組む
3. **対応の段階に応じてレベルごとの対策を効果的に連動**させる
4. **実践と啓発を両輪**として推進する
5. 国、地方公共団体、関係団体、民間団体、企業及び国民の役割を明確化し、その**連携・協働を推進**する

第4 自殺総合対策における当面の重点施策

1. **地域レベルの実践的な取組への支援を強化**する
2. 国民一人ひとりの**気づきと見守り**を促す
3. 自殺総合対策の推進に資する**調査研究等を推進**する
4. 自殺対策に係る人材の確保、養成及び資質の向上を図る
5. 心の健康を支援する環境の整備と心の健康づくりを推進する
6. 適切な**精神保健医療福祉サービス**を受けられるようにする
7. **社会全体の自殺リスクを低下**させる
8. 自殺未遂者の**再度の自殺企図を防ぐ**
9. 遺された人への支援を充実する
10. 民間団体との**連携を強化**する
11. **子ども・若者の自殺対策を更に推進**する
12. **勤務問題による自殺対策を更に推進**する

第5 自殺対策の数値目標

- 先進諸国の現在の水準まで減少させることを目指し、**平成38年までに、自殺死亡率を平成27年と比べて30%以上減少**（平成27年18.5 ⇒ 13.0以下）

(WHO:仏15.1(2013)、米13.4(2014)、独12.6(2014)、加11.3(2012)、英7.5(2013)、伊7.2(2012))

第6 推進体制等

1. 国における**推進体制**
2. 地域における**計画的な自殺対策の推進**
3. 施策の評価及び管理
4. 大綱の見直し

The principal elements in suicide countermeasures

The policy that needs to be further engaged based on intent of revising Basic Law on Suicide Countermeasures, eight basic policy, and current context of around suicide in Japan.

1.地域レベルの実践的な取組への支援を強化する	2.国民一人ひとりの気づきと見守りを促す	3.自殺総合対策の推進に資する調査研究等を推進する	4.自殺対策に係る人材の確保、養成及び資質の向上を図る	5.心の健康を支援する環境の整備と心の健康づくりを推進する	6.適切な精神保健医療福祉サービスを受けられるようにする
<ul style="list-style-type: none">・地域自殺実態プロフィール、地域自殺対策の政策パッケージの作成・地域自殺対策計画の策定ガイドラインの作成・地域自殺対策推進センターへの支援・自殺対策の専任職員の配置・専任部署の設置の促進	<ul style="list-style-type: none">・自殺予防週間と自殺対策強化月間の実施・児童生徒の自殺対策に資する教育の実施(SOSの出し方に関する教育)・自殺や自殺関連事象に関する正しい知識の普及・うつ病等についての普及啓発の推進	<ul style="list-style-type: none">・自殺の実態や自殺対策の実施状況等に関する調査研究・検証・成果活用(革新的自殺研究推進プログラム)・先進的な取組に関する情報の収集、整理、提供・子ども・若者の自殺調査・オンサイト施設の形成等により自殺対策の関連情報を安全に集積・整理・分析	<ul style="list-style-type: none">・大学や専修学校等における自殺対策教育の推進・自殺対策の連携調整を担う人材の養成・かかりつけ医の資質向上・教職員に対する普及啓発・地域保健・産業保健スタッフの資質向上・ゲートキーパーの養成・家族や知人等を含めた支援者への支援	<ul style="list-style-type: none">・職場におけるメンタルヘルス対策の推進・地域における心の健康づくり推進体制の整備・学校における心の健康づくり推進体制の整備・大規模災害における被災者の心のケア、生活再建等の推進	<ul style="list-style-type: none">・精神科医療、保健、福祉等の連動性の向上、専門職の配置・精神保健医療福祉サービスを担う人材の養成等・うつ病、統合失調症、アルコール依存症、ギャンブル依存症等のハイリスク者対策
7. 社会全体の自殺リスクを低下させる	8.自殺未遂者の再度の自殺企図を防ぐ	9.遺された人への支援を充実する	10.民間団体との連携を強化する	11.子ども・若者の自殺対策を更に推進する	12.勤務問題による自殺対策を更に推進する
<ul style="list-style-type: none">・ICTを活用した対策強化・ひきこもり、児童虐待、性犯罪・性暴力の被害者、生活困窮者、ひとり親家庭、性的マイノリティに対する支援の充実・妊産婦への支援の充実・相談の多様な手段の確保、アウトリーチの強化・関係機関等の連携に必要な情報共有の周知・自殺対策に資する居場所づくりの推進	<ul style="list-style-type: none">・地域の自殺未遂者支援の拠点機能を担う医療機関の整備・医療と地域の連携推進による包括的な未遂者支援の強化・居場所づくりとの連動による支援・家族等の身近な支援者に対する支援・学校、職場等での事後対応の促進	<ul style="list-style-type: none">・遺族の自助グループ等の運営支援・学校、職場等での事後対応の促進・遺族等の総合的な支援ニーズに対する情報提供の推進等・遺族等に対応する公的機関の職員の資質の向上・遺児への支援	<ul style="list-style-type: none">・民間団体の人材育成に対する支援・地域における連携体制の確立・民間団体の相談事業に対する支援・民間団体の先駆的・試行的取組や自殺多発地域における取組に対する支援	<ul style="list-style-type: none">・いじめを苦しめた子どもの自殺の予防・学生・生徒への支援充実・SOSの出し方に関する教育の推進・子どもへの支援の充実・若者への支援の充実・若者の特性に応じた支援の充実・知人等への支援	<ul style="list-style-type: none">・長時間労働の是正・職場におけるメンタルヘルス対策の推進・ハラスメント防止対策

Collaboration of suicide countermeasures and relevant policies

Required collaborations based on each principle.

Basic Law on Suicide Countermeasures

Comprehensive support for living

Services and Supports for Paupers Act

Ensuring self-support and dignity
Developing community through the support for paupers

Strengthening Comprehensive Community Care Act

Realizing a community cohesive society
Developing communities with the phrase "Own a matter & link altogether"
Improve a comprehensive support system

Services and Supports to transfer and settle for people with mental illness (2017)

Services and Supports to make a comprehensive care system addressing people with mental illness

Collaboration with suicide countermeasures and relevant policies

- **The Law of Services and Supports for Paupers**: Suicide of young unemployed people
- **New Improvement of Community Welfare** “Own a matter & link altogether”: The principles and directions of community cohesive revolution coincide with that of suicide countermeasures
- **Comprehensive Community Care System**: A new comprehensive community support for elderly, handicapped people, and children
- **The Measures to Prevent Bullying**: Establish independent committees for suicide prevention by bullying
- **Industrial Safety and Health Act**: Prevention for suicide due to overwork and countermeasures for working long hours

The target value of suicide countermeasures

- **Reduce rate of suicidal death by over 30% by 2026 compared with that of 2015**
aiming to reduce by the current levels in developed countries

(18.5 in 2015 → under 13.0)

新たな自殺総合対策大綱の重点施策

- 児童・生徒のSOSの出し方教育
- 妊産婦のうつと自殺対策
- 働く世代の自殺対策

Identification of Policy Packages of Suicide Countermeasures in Communities and Profiles of the Suicide Actual Condition on Basic Law on Suicide Countermeasures

Apply them to development of the plans of local suicide countermeasures with practical engagements at the community-level

自殺総合対策大綱（素案）：第2.自殺の現状と自殺総合対における基本認識
<地域レベルの実践的な取組をPDCAサイクルを通じて推進する>

Analyze the effect of services



provide

Japan Support Center for Suicide Countermeasures provides Policy Package of Suicide Countermeasures in Communities Profile of the Suicide Actual Condition



Operate PDCA cycle



Provide smarter Policy Packages with local authorities by analyzing the efforts on each service of suicide countermeasures in Policy Packages implemented by prefectures or municipalities and improving it based on the result.

自殺総合対策大綱（素案）：第2.自殺の現状と自殺総合対における基本認識
<地域レベルの実践的な取組をPDCAサイクルを通じて推進する>



Policy Objective of Basic Package

Promote basic policies of suicide countermeasures to be ready for throughout Japan.

Policy Objective of Community Characteristic Package

Promote policies in order to improve suicide countermeasures in communities into more effective one corresponding to their characteristics by adding detailed policies according to their contexts to Basic Package.

Policy Objective of High Priority Policy Package

Promote four focused policies as a matter of high priority added to eight basic policies in new Basic Law on Suicide Countermeasures, which indicated to be further engaged based on the current status of suicide in Japan.

The profile for the actual state of suicide in communities

- Plays a role of reference to consider the actual state of the community when developing plans of suicide countermeasures according to Basic Law on Suicide Countermeasures and new General Principles.
- Consisted based on suicide statistics, demographics, national census, and economic census.
- Analyzes the actual state of communities and understands community's characteristics (issues) required in plans of suicide countermeasures
 - ➡ Basic analysis
 - ➡ Select of the policies adapted for the community's characteristics

Structure of the Basic Package

policy perspectives

- ① Consider in a real life situation
- ② Promote based on a local context
- ③ Make leaders involved
- ④ Closely collaborate with relevant policies

fundamental policies

1. Collaboration of stakeholders including private groups and enhancement of network
2. Enhancement of developing human resources for “awareness”
3. Enhancement of rising public awareness for citizen
4. Enhancement of support policies for people at high-risk

basic policies

1. Enhance supports for practical engagements at the community-levels
2. Promote individual awareness and watching.
3. Promote studies and surveys that contribute to promotion of suicide comprehensive countermeasures
4. Ensure, develop and improve human resources involved and enhance their abilities in suicide countermeasures
5. Improve the settings for mental health support and develop mental health
6. Make easier accessibility of proper services for mental health, medical, and welfare
7. Reduce suicide risk in whole society
8. Prevent suicide re-attempt for survivors
9. Enhance supports for bereaved people
10. Enhance collaborations with private groups
11. Further promote suicide countermeasures for children and young people
12. Further promote suicide countermeasures in troubles at the workplace

Development of effective plans of local suicide countermeasures adapted for the actual status in communities

Prioritize policies that take population size etc. into consideration



Select best policies in both Packages of Community Characteristic and High Priority Policy

Fundamental policies

1. Collaborate the stakeholders including private groups and enhance the networks
2. Enhance to develop human resources for "awareness"
3. Enhance to rise public awareness
4. Enhance support policies for people at high-risk

Basic policies

1. Enhance supports for practical engagements at the community-levels
2. Promote individual awareness and watching.
3. Promote studies and surveys that contribute to promotion of suicide comprehensive countermeasures
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Basic recognition of General Principles of Suicide Prevention Policy
Promote practical engagements at the community-level through PDCA cycle

Items with special attention

1. Internationalize the supporting system
2. Consider for social minorities
3. Recognize broader areas beyond the municipalities

- Community Characteristic Package
- High Priority Policy Package

1. Countermeasures for children and young people
2. Education how to send SOS
3. Countermeasures for elderly people
4. Countermeasures for working generation (including working issues)
5. Countermeasures for people unemployed
6. Countermeasures for paupers
7. Countermeasures for high-risk area
8. Countermeasures for disaster area by such as earthquakes
9. Countermeasures for limitation the means of suicide
10. Enhancement of the bond with private groups
11. Support for bereaved people

Basic Package

Community Characteristic/High Priority Policy Package



Identify the direction for developing plans based on "policy perspectives" in Basic Package



Know characteristics of the community based on Profile of the actual status of suicide and understand the issues