

## Overview

## Overview of comprehensive measures to prevent suicide

### Current status and basic understanding

#### (Current status)

- Since the number of people who committed suicide exceeded 30,000 in 1998, it has been remaining at a high level for 10 consecutive years. This level is higher, compared to developed countries in Europe and the United States
- Actual status of suicide by generations
  - Suicides of children with a future and suicides using website among people in their 20's and 30's are becoming issue
  - Middle-aged men, who are presumed to have a lot of mental and social burden, are main factor of surging number of suicides
  - To elderly people, caring and nursing fatigue is the problem as well as health issue

#### (Basic understanding)

- ◇ **Suicide is a death after being nonplused**
    - Many of suicides are deaths after being psychologically cornered relating to complicated various factors including social issue, but not results following individual free will or choice
    - Many of suicides were affected with mental disease such as depression or the other just before suicide
  - ◇ **Suicide can be prevented**
    - Suicide prevention is possible by appropriate treatment to the mental disorders such as depression, etc., and by social effort that are reexamination of system and practice as well as establishment of support and consultation system.
  - ◇ **People thinking of suicide are giving off signals**
    - Connecting awareness by families and colleagues to suicide prevention is an issue
- An issue is to connect awareness by families and colleagues to suicide prevention

### Basic policy

- Comprehensive approach in considering of social factors
  - Establishment of a society that offers a second chance to think and challenge on a way of working and development of a support and counseling system for unemployment and multiple debts, etc.
  - Early detection and rapid cure of depression
  - Approach for abolishing prejudice on suicides and mental disease along with cultivating a better understanding on the value of life
  - Expectation for volunteer approach of mass media

- Approach to encourage every people to play a leading role in suicide prevention

- Work for follow-up measures for attempted suicide and bereaved families, etc. in addition to suicide prevention and response to suicide crisis

- Comprehensive support by persons concerned working together

- Promote a clarification of actual condition
  - Carry out measures based on knowledge obtained, in the meantime

- Address continuously based on a medium-to-long term standpoint

### Immediate priority measures

- Clarify actual condition of suicides
- Promote awareness and watching of every people
- Develop human resources that play a main role in preemptive move
- Promote cultivation of mental health
- Prevent suicide with social effort
- Prevent reattempt of suicide
- Ease pain of persons close to the deceased
- Enhance collaboration with private organizations

### Numerical goal of suicide prevention

- Decrease suicide rate by more than 20% by 2016
- Strive for early attainment of the goal so as to save as many people considering suicide as possible
- Revise the numerical goal regardless of the time of review in case the goal is achieved

### Implementation system, etc.

- Establish a notification system for occurrence of peculiar case, etc.
- Promote an establishment of a suicide countermeasure department, etc. in municipalities
- Participation of private intellectuals for evaluation review
- Review in a five-year target period

Source : Cabinet office