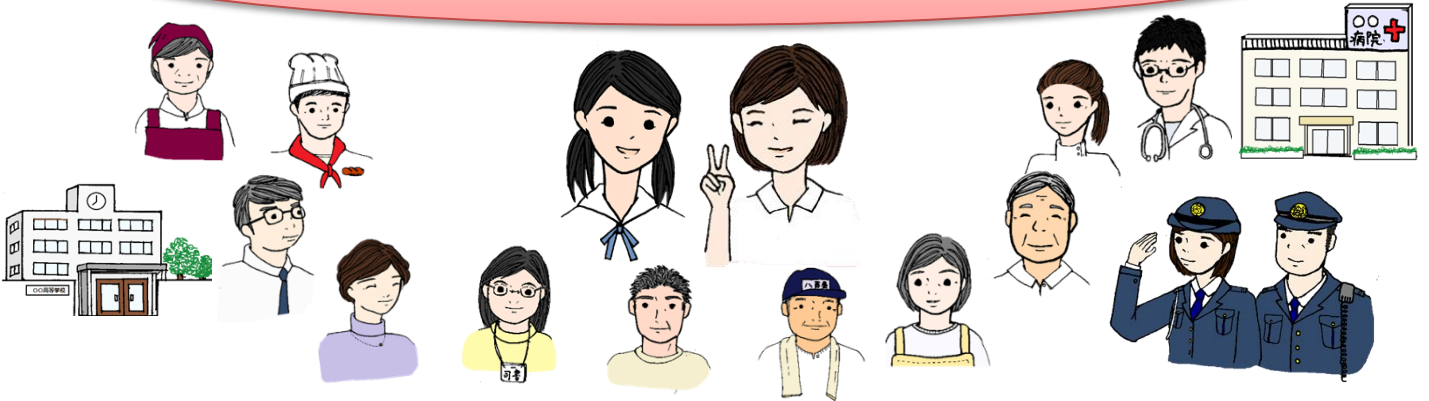


All adults can be children's life supporters



Things we can do to nurture and protect the precious lives

Know

* Anybody can suffer from emotional pain.

- Children can also face a life-threatening emotional crisis.
(Suicide is the top cause of death for children aged 15-19 years.*1)
- Many children often share their emotional pain with friends of the same age group.

* There are things that adults can do to help children overcome a life-threatening emotional crisis.

- Don't miss the signs of children and protect them from the crisis.
- Communicate to children what they can do if their friends come to them for advice.

* Be extra careful of mental illness at puberty.

- Children at puberty might develop depression, schizophrenia or other mental illnesses. In such cases, seek a doctor's help.
- One of the major causes of suicide by high-school students is depression.
*2

* 1 "Suicide Prevention White Paper 2015" by the Cabinet Office
* 2 "Suicide Statistics" 2014 by the National Police Agency

Notice

Emotional signs

Looking irritated, losing interest even in things they used to like, saying that they want to die, being overly cheerful, not smiling, etc.

Behavioral signs

Unable to get up early, reluctant to do anything, overeating or anorexia, self-harming, leaving home without telling others, sudden absence, smoking, etc.

Physical signs

Getting tired very easily, lack of appetite, difficulty sleeping, not feeling well for a long time, etc.

Prevent

* Have a lot of "ordinary conversations"

You must know "how usually the child is" to be able to notice when "something is wrong" with him/her. If you notice a change, show that you care about him/her, sending messages like "Are you alright today?" and "I am always here if you want to talk."

* Seek help of others

Calm down yourself, first. Then, consult with school or consultation services to find a way to solve problems together.

* Accept and be there for the child facing difficulty

When the child talks about the problem, show your empathy by saying, "It must have been very hard for you," and "Thank you for telling me about it." Never deny nor take the matters lightly.



The leaflet for students conveys the following information and message.

In Japan, around 300 school students lose their lives with suicide. Many teenagers reveal their emotional troubles to friends of the same age group. However, most children who heard suicidal thought of their friends do not know what to do with it. Thus, we are providing information on life-threatening emotional crises and how to deal with them.

苦しんでいる友人のためにできることがあります。



* 高校生用リーフレットから抜粋

If you notice the signs of children, please consult specialists to find a better way to solve problems. Consultation services for various emotional troubles are available at public health care centers and Mental Health and Welfare Center in Aichi Prefecture.

※ You can search for other consultation services by reading QR code on the right side.

Mental Health and Welfare Center in Aichi Prefecture 052-962-5377
SOS Hotline 24 for Children 0120-0-78310



We, the adults, should get together to help and support children.

* このリーフレットは、文部科学省「子供に伝えたい自殺予防」を参考に、教員グループと協力して作成しました。

自殺予防啓発リーフレット
(保護者用) * 中学生・高校生共通

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