

The social issues and social works of youth mental health in Japan

Presenter: Ayaka Ishii

**Thursday 9th November 1-2pm
Room 410, Level 4, 207 Bouverie Street**

Light Ring is a non-profit organisation in Japan that provides lectures and conducts programs regarding suicide prevention and mental health promotion.

Light Ring provides assistance and training to those who support young people who may be facing difficulties with depression and suicide by providing social support skills and teaching them how to maintain their own mental and physical health.

In this presentation, Ms Ishii will talk about the social issues of youth suicide and mental health in Japan, the programs Light Ring provides and offer insights into the experience and feedback of program participants.



Ayaka Ishii is the head of the non-profit organisation Light Ring in Japan, as well as the joint representative and promoter of the national network for preventing youth suicide, and a psychological social worker.

Ms Ishii experienced mental illness as a teenager and her father died of alcohol dependence. Her work addresses the major social issues of youth mental health in Japan. She established Light Ring when she was 22 years old and believes youth suicide and depression are problems which everyone can be involved with, not only specialists. She started to develop programs for young people who are helping their family members, friends and loved ones. She is a member of the suicide prevention councils of Shinjuku-Ward and Minato-Ward in Tokyo, Japan.