

**The internal “Balance Scale”
will improve well-being
for the young!**

**– Based on my own experience
of struggling**



【SGHN044】

Niigata Prefectural Kokusai Joho High School



Dependence

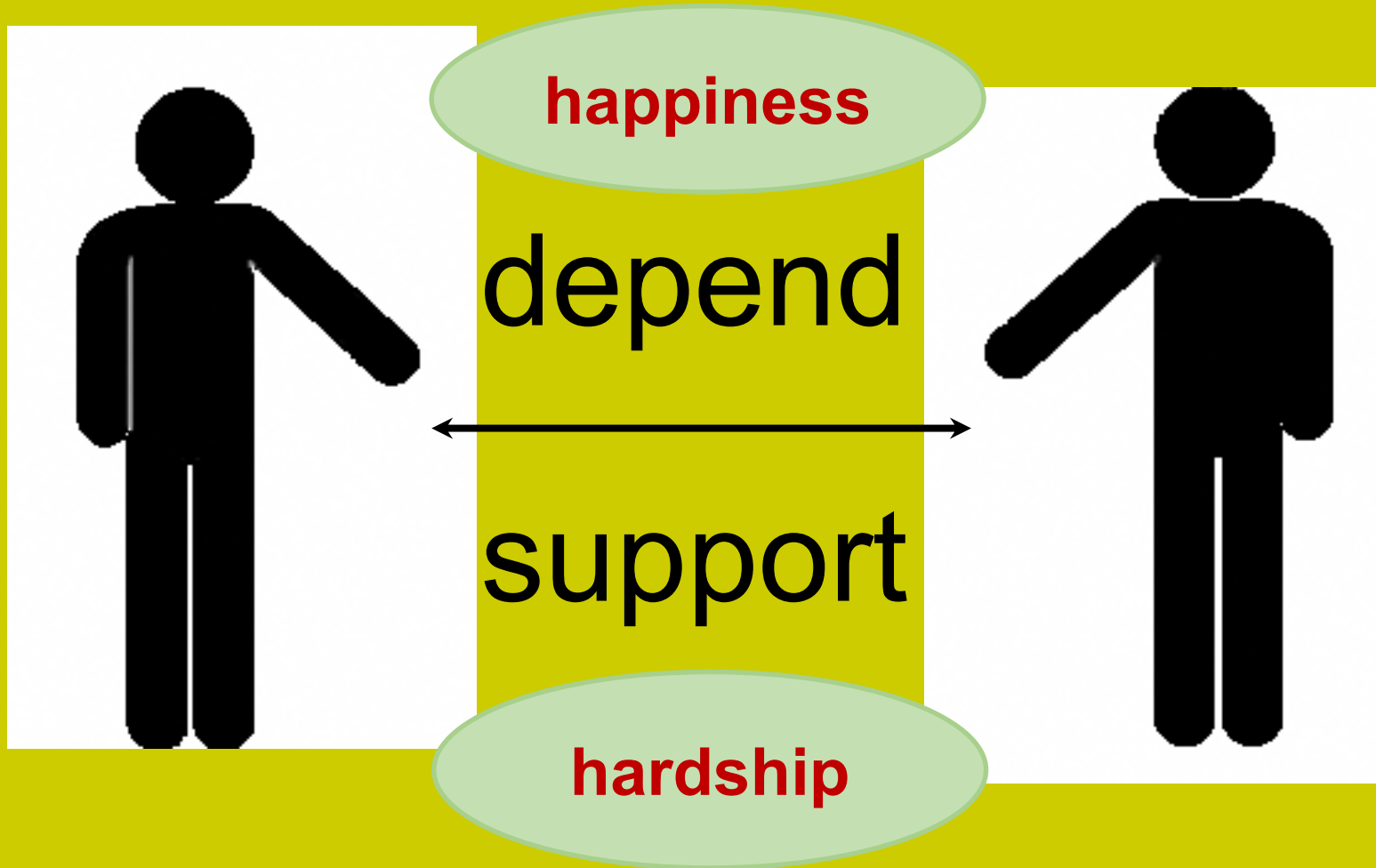
A black silhouette of a balance scale is centered on a white rectangular background. The scale's beam is horizontal, with a fulcrum in the center. The left pan is slightly higher than the right pan. A light blue oval is positioned over the left pan, and a light orange oval is positioned over the right pan. The entire scene is set against a solid yellow background.

Support

My ideal future

**The suicide mortality rate
will decrease**





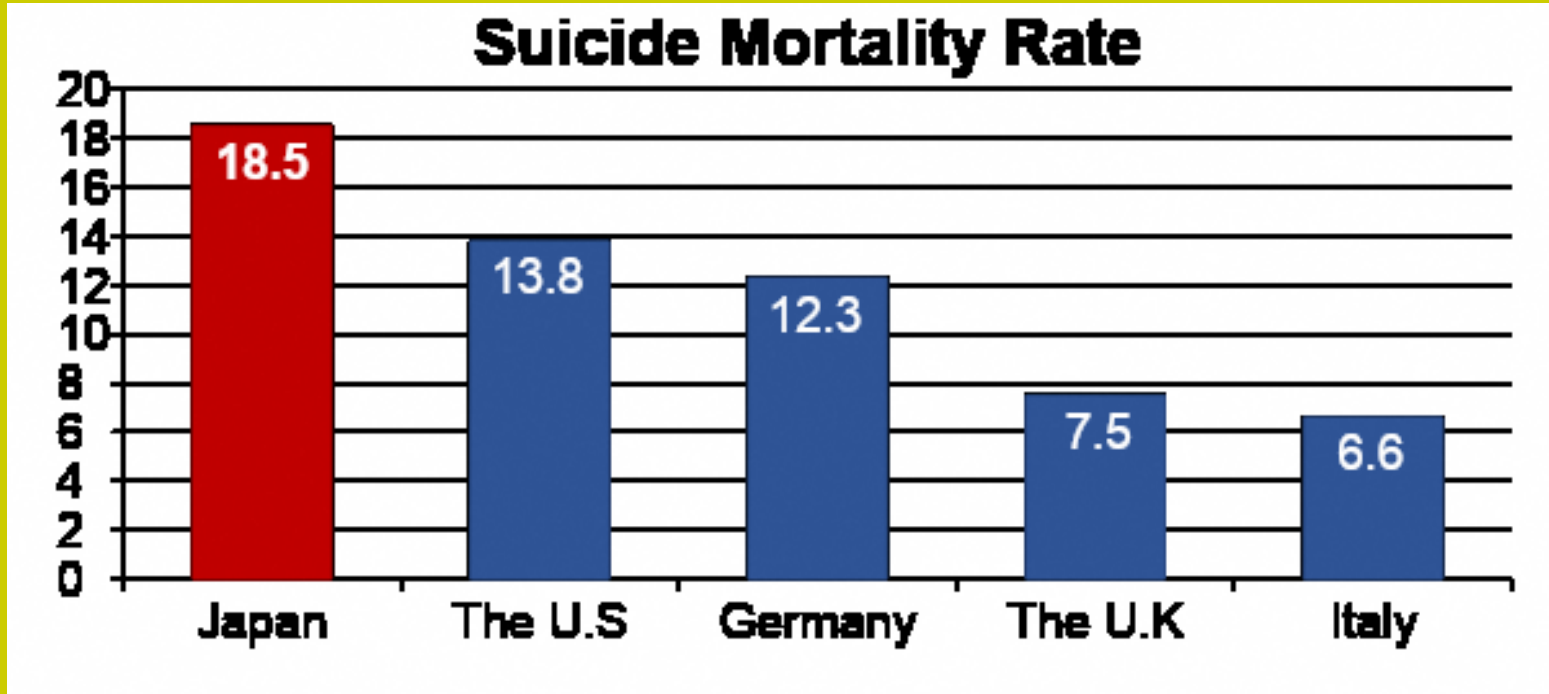


By 2030, reduce by one third
premature mortality rate
from non-communicable diseases
through **prevention and treatment**
and promote **mental health**
and well-being

suicide mortality rate in Japan, 2020

16.7%

(National Police Agency 2020)



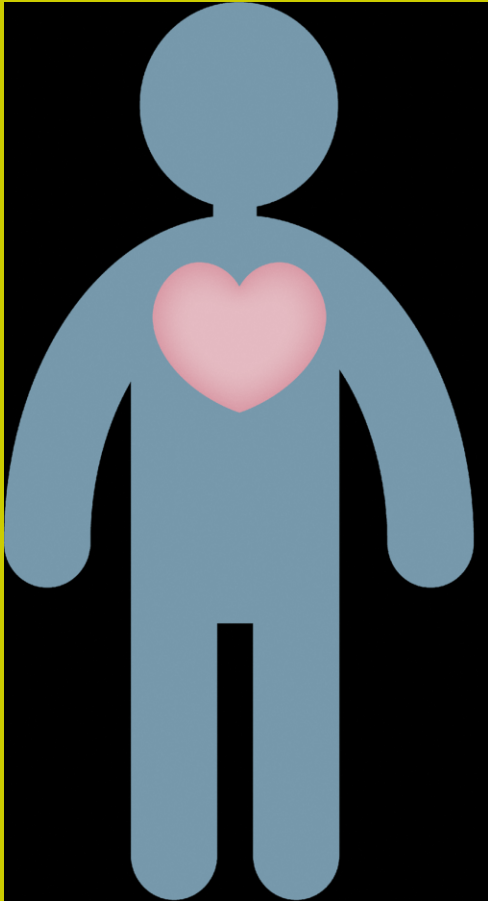
(WHO 2018, Ministry of Health, Labour and Welfare)

main cause of the death of 10s to 30s , 2020

1st suicide 41.8%

2nd, 3rd accidents, malignant growth

(Ministry of Health, Labour and Welfare 2020)



Japanese characteristic

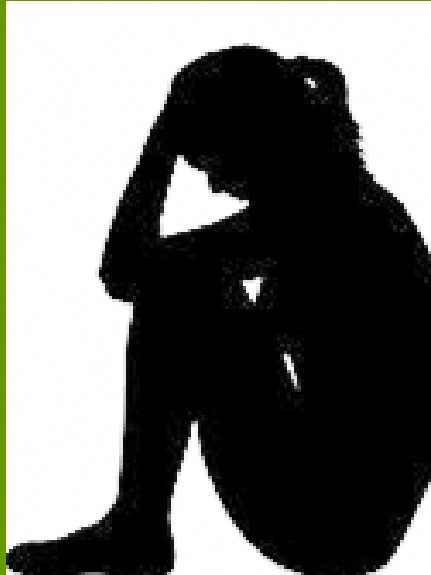
- Have deep respect
- Cherish a consideration

(WHITE PAPER ON LAND, INFRASTRUCTURE, TRANSPORT
AND TOURISM IN JAPAN, 2019)



They don't want to annoy
other people

**© supporting
my friends**



**× depending
on others**



Let's get rid of
your stress
together!



our trouble
↓
someone
else's
trouble

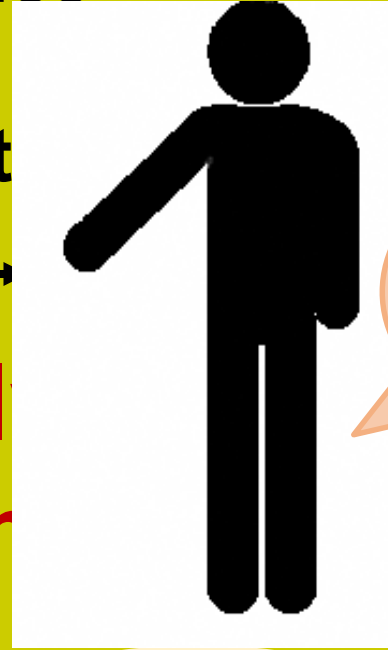


relieved

dependence
+
support



friendl
ation



confident

Let's do
it
together!

