### Mental Health Atlas Country Profile 2014

**Japan**

- **Total population (UN official estimate):**  126,999,807
- **Burden of mental disorders (WHO official estimates):**
  - Disability-adjusted life years (per 100,000 population):  2,241
  - Suicide (age-standardized rate per 100,000 population):  23.1

<table>
<thead>
<tr>
<th>Service Type</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental hospitals</td>
<td>1,071</td>
</tr>
<tr>
<td>Mental hospital beds / annual admissions</td>
<td>200.3 / 199.5</td>
</tr>
<tr>
<td>General hospital psychiatric unit beds / annual admissions</td>
<td>69.2 / 98.0</td>
</tr>
<tr>
<td>Residential care facilities</td>
<td>1,422</td>
</tr>
<tr>
<td>Residential care beds / annual admissions</td>
<td>15.3 / 11.6</td>
</tr>
<tr>
<td>Mental hospitals (length of stay)</td>
<td>Not reported</td>
</tr>
<tr>
<td>Inpatients staying less than 1 year</td>
<td>35%</td>
</tr>
<tr>
<td>Inpatients staying 1-5 years</td>
<td>29%</td>
</tr>
<tr>
<td>Inpatients staying more than 5 years</td>
<td>36%</td>
</tr>
</tbody>
</table>

### Mental Health System Governance

#### Mental Health Policy
- Stand-alone policy or plan for mental health: Yes (Year of policy / plan: 2014)
- Implementation status: Available and fully implemented

#### Mental Health Legislation
- Stand-alone law for mental health: Law is in line with human rights covenants (self-rated 5-point checklist score: 5 = fully in line)
- Implementation status: Available and fully implemented

#### Involvement of Service Users and Families

- **a. Information gathered / disseminated by MoH:** Fully implemented
- **b. Policy on participation developed / published by MoH:** Fully implemented
- **c. Early involvement in mental health policy and law:** Partially implemented
- **d. Participation in MoH planning, policy, service development and evaluation:** Partially implemented
- **e. Resources available for participation and reimbursement:** Fully implemented

### Resources for Mental Health

- **Mental health financing**
  - Main source of funds for care of severe mental disorders: Government, Psychiatrists (rate per 100,000 population: 20.1)
  - Inpatient / outpatient budget breakdown reported: Yes, Other medical doctors (Not reported)
  - If yes, estimated mental health spending per capita (US$): $153.70, Nurses (Not reported)

- **Human resources for mental health**
  - Total reported staff (mental health inpatient care): 136,075
  - Total reported staff (mental health outpatient care): 12,622
  - Total mental health workers per 100,000 population: Not reported

### Mental Health Service Availability and Uptake

- **Outpatient care (total facilities):**
  - Mental health outpatient facility: 5,739
  - Mental health day treatment facility: 3,242
- **Inpatient care (total facilities):**
  - Mental hospitals: 1,071
  - Psychiatric units in general hospitals: 582
  - Residential care facilities: 1,422

### Mental Health Promotion and Prevention

- **Existence of at least two functioning programmes:** Yes
- **Existence of a suicide prevention strategy:** Yes

<table>
<thead>
<tr>
<th>Programme examples</th>
<th>Category of programme</th>
<th>Target group</th>
<th>Scope</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Principles of Suicide Prevention</td>
<td>Suicide prevention</td>
<td>All ages</td>
<td>Universal</td>
</tr>
<tr>
<td>Medical Care Plan</td>
<td>Mental health awareness/prevention/anti-stigma</td>
<td>All ages</td>
<td>Indicated</td>
</tr>
</tbody>
</table>

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Note: Age-standardized suicide rates - computed using standard categories, definitions and methods - are reported to facilitate comparisons over time and between countries, and may not be the same as official national estimates.