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# Mental health and psychosocial support: lessons learnt from the previous accidents

**IAEA-FMU Conference**

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# Basic Fact

- 1million people passed away due to Suicide. (90% caused by mental disorder)
- Suicide is the second cause of death among adolescent.
- Depression and anxiety after natural disasters.
- Mental health problems after human rights violation, in particular after disasters.
- Mental health problems are linked with physical disorders.
- Mental health problems influence on drug compliance and drop out from treatment.
- Mental health problems are related with risky behaviors including alcohol abuse, drug abuse, and violence .



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## In Tohoku

- 127 disaster-related suicide deaths
- 54 disaster-related suicide deaths in Fukushima



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as of June 2014  
Secretariat Cabinet of Japan 2014

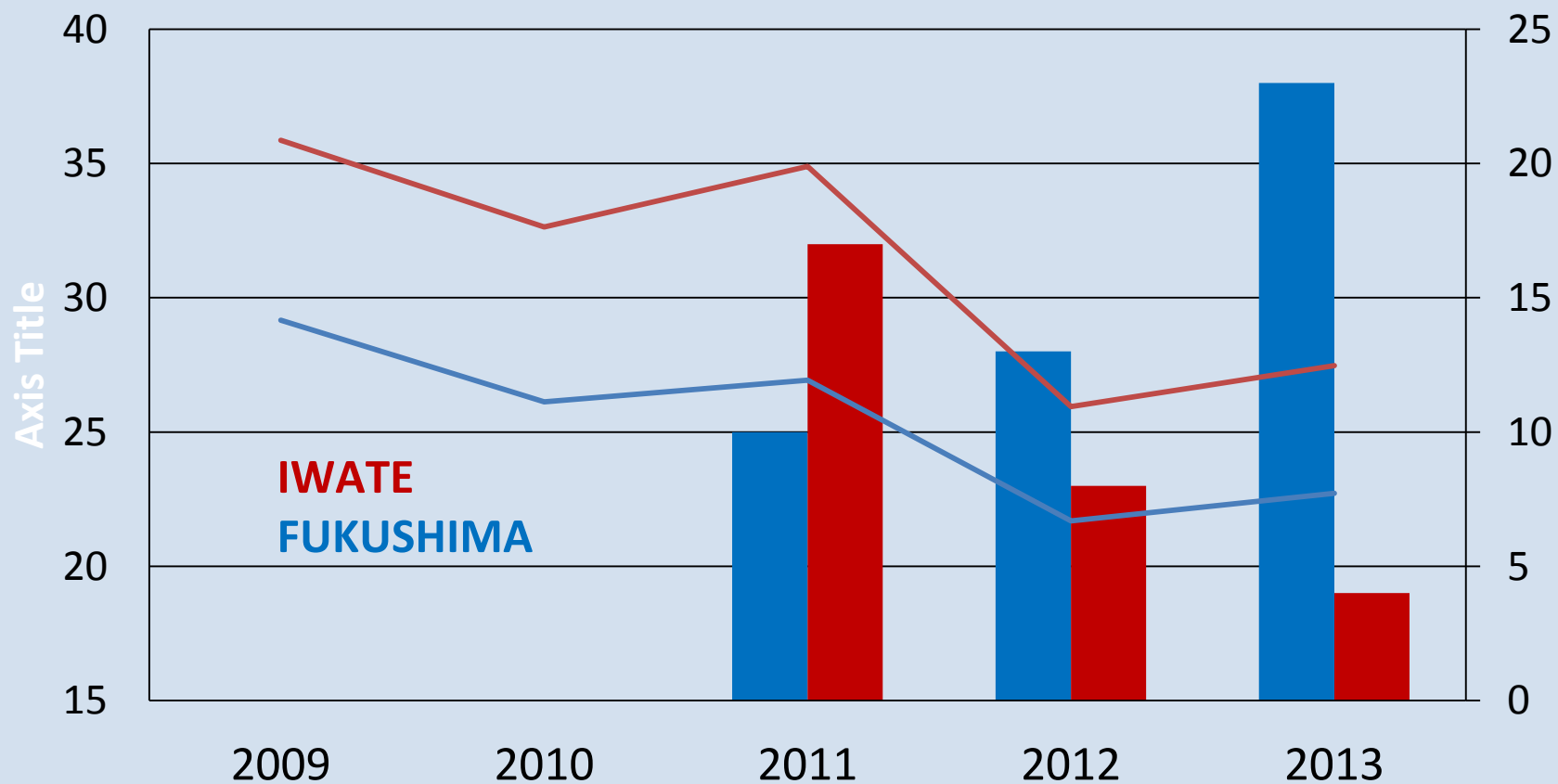


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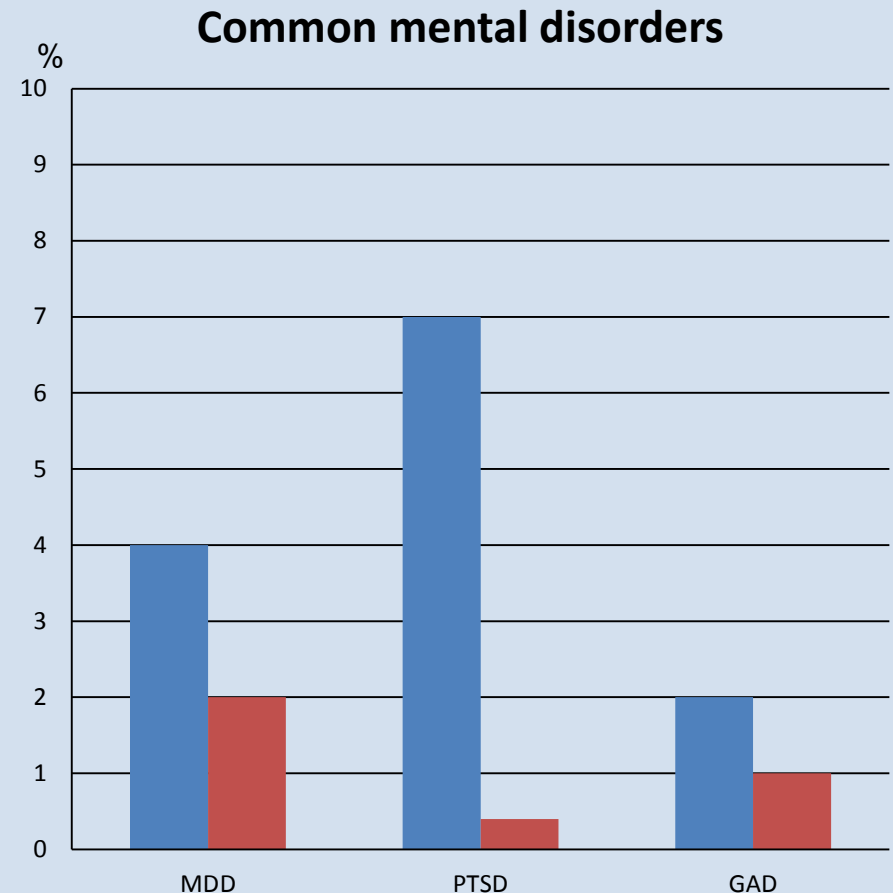
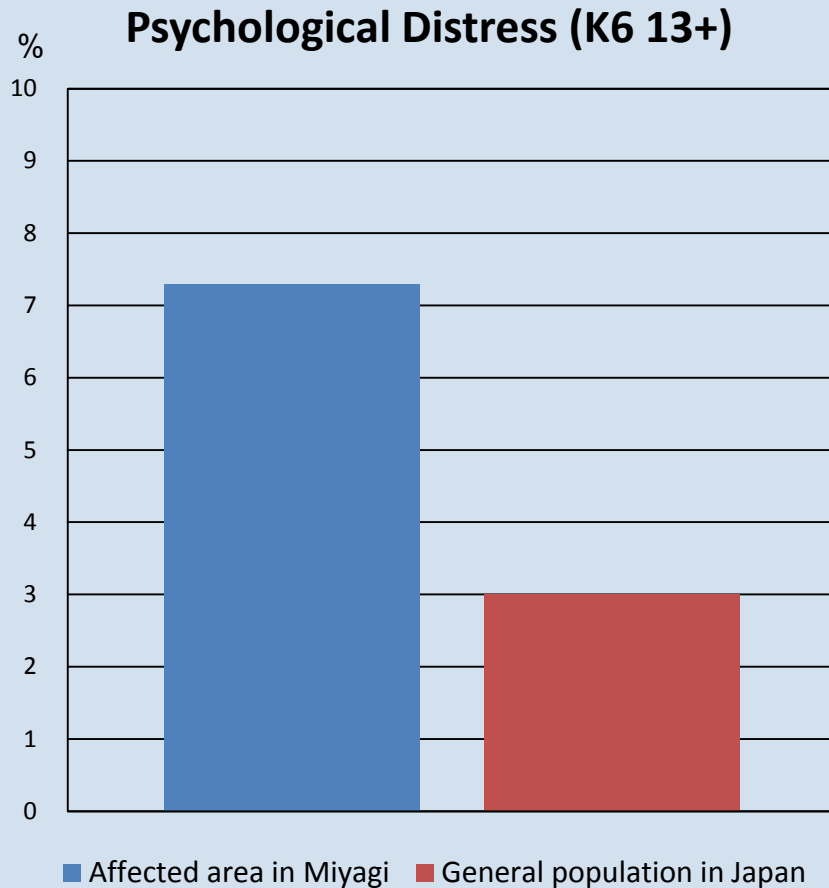
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## Suicide rate and number of disaster related suicide death



# Mental health among people in the affected areas by the Great East Japan Earthquake





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# Psychological First Aid: Mutual Support for Resiliency after Crisis

- Japan-wide training for key mental health professionals
- Implemented by NIMH-UNU-WB



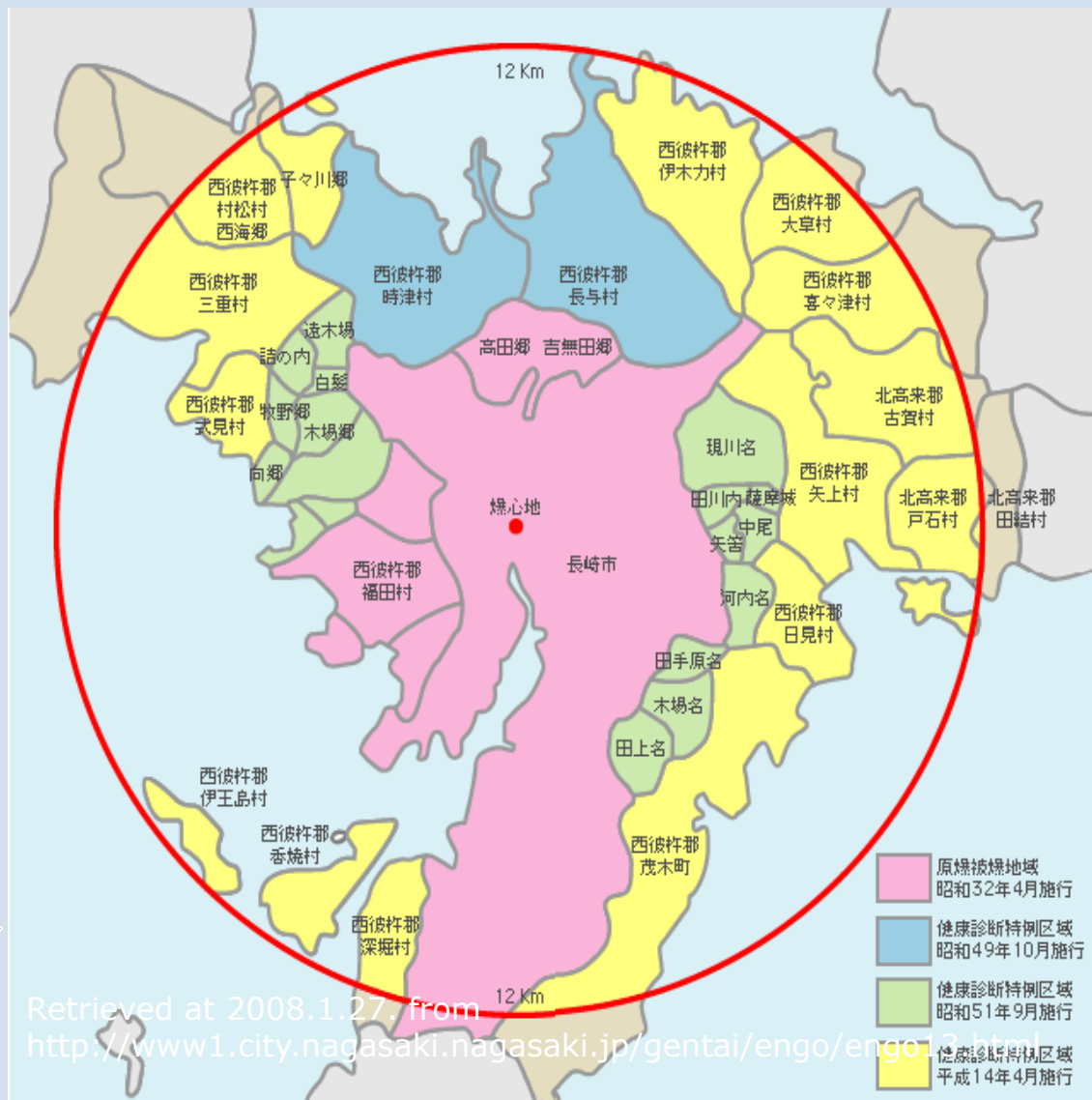


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# Nagasaki



Retrieved at 2008.1.27. from <http://www1.city.nagasaki.nagasaki.jp/gentai/engo/engo13.html>

※原爆投下時の地名

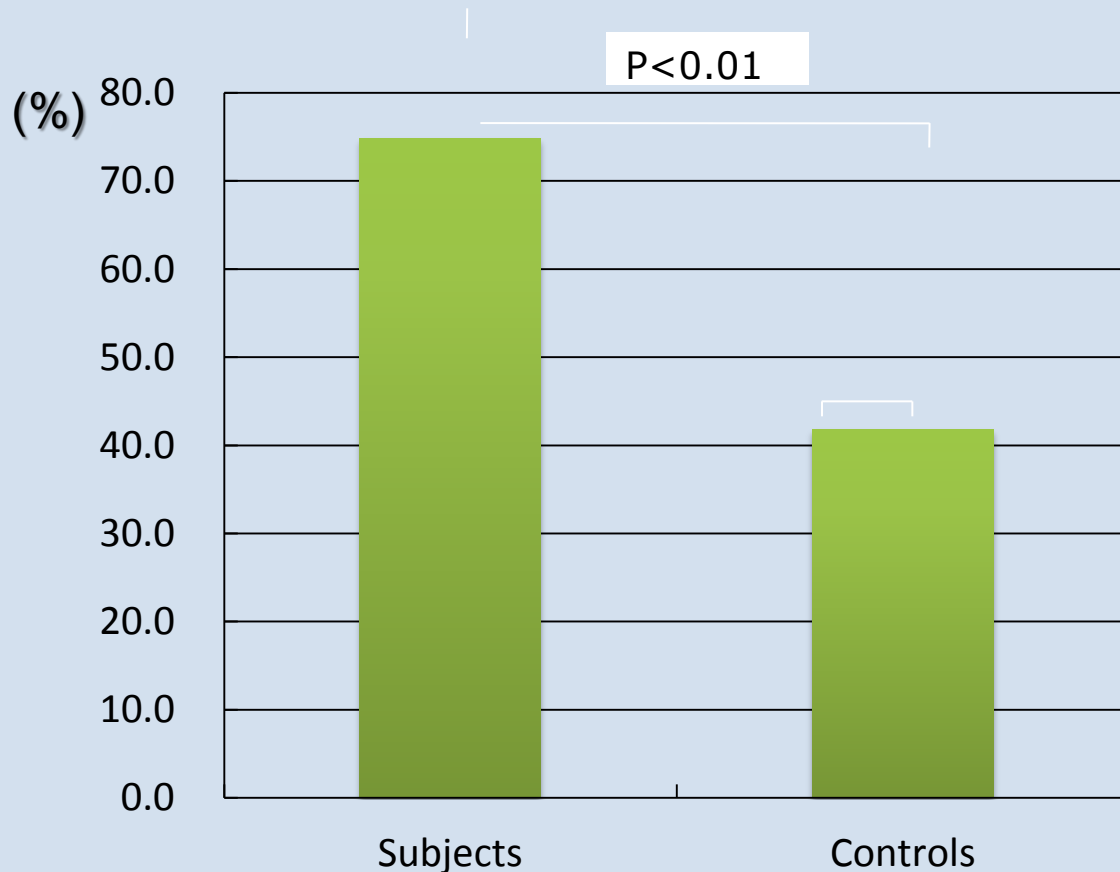


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## proportion of high risk on mental health: Persistent distress after psychological exposure to the Nagasaki atomic bomb explosion





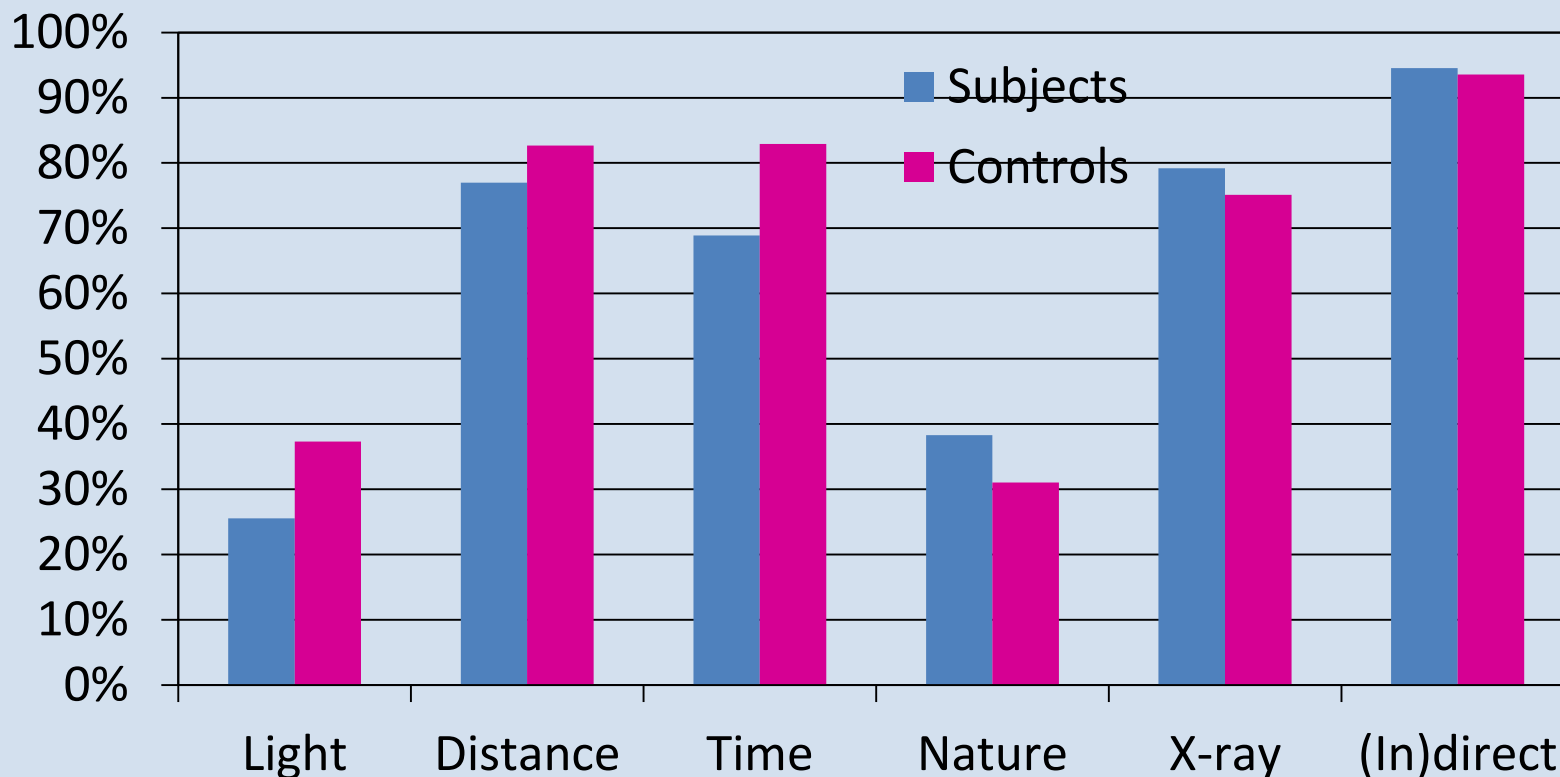


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## Knowledge of radiation



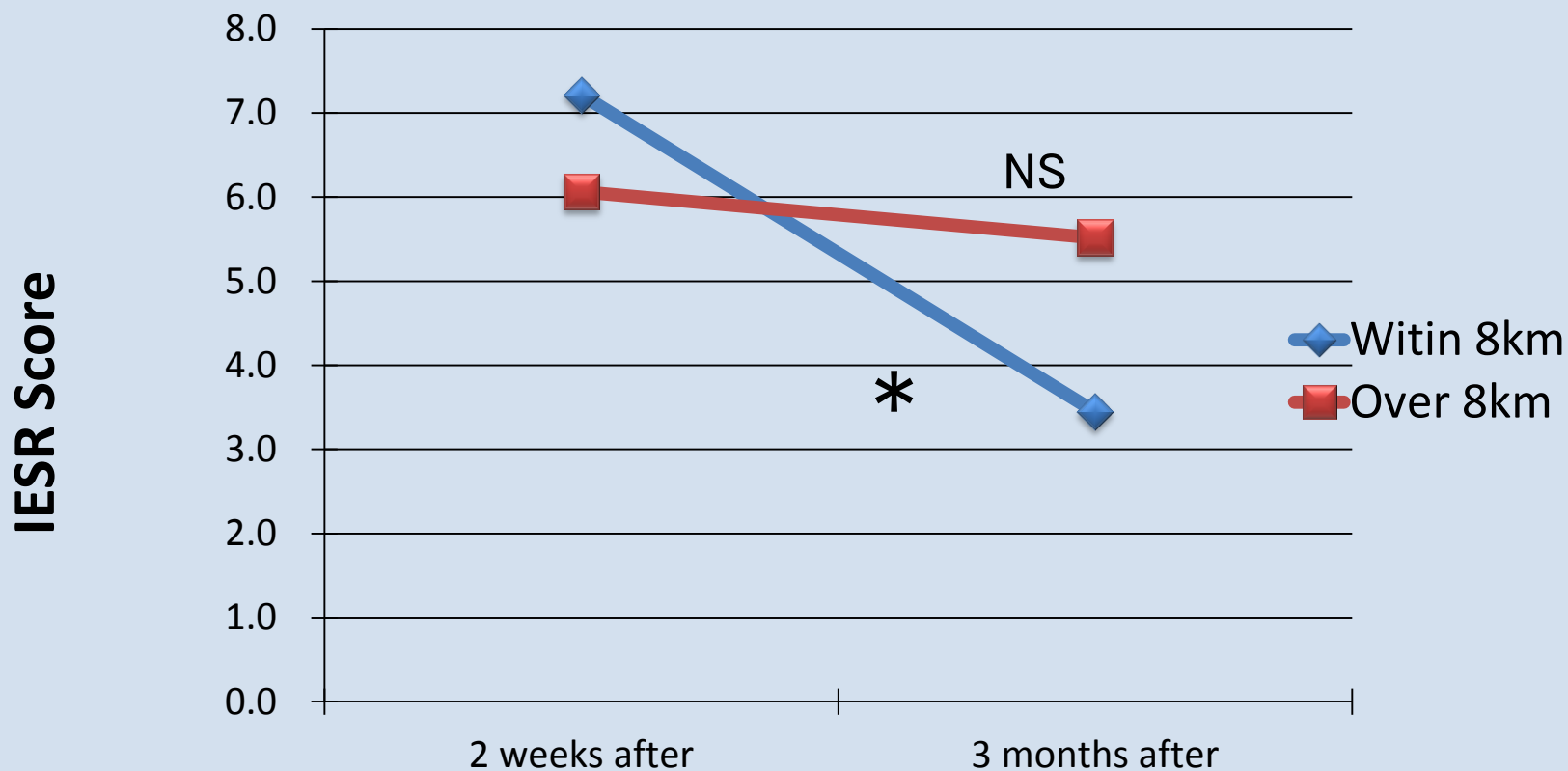


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## PTSD symptoms between within 8 km and over from the plant (Tokaimura criticality accident)



# Mental health of community people (Niigata Chuetsu Earthquake)

Anxiety about nuclear plants		
	OR	(95%CI)
without	1.0	
with	2.2	1.7-2.9

Satisfaction with provided information on nuclear accident		
	OR	(95%CI)
satisfied	1.0	
Not Satisfied	1.3	1.0-1.7

p < 0.05, OR:Odds Ratio、95%CI (N=3287)



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## Recommendation

1. Include mental health into all the recovery/development efforts as a key indicator (such as overall mental health status, suicide rate, hope, quality of life, or newly developed indicators)
2. Strengthen risk and safety communication between scientists and population
3. Enhance capacity development of relevant groups, with appropriate learning module