

**If you feel distressed, please talk to us.**

◆On-campus resources

**Student Advising and  
Counseling Office**



Open weekdays 10 : 00 ~ 17 : 00  
( Phones open 8 : 30 ~ 17 : 00 )

☎ 042-580-8147

✉ imakoko@ad.hit-u.ac.jp

For Japanese-speaking students seeking advice, feel free to contact us with any problems.

**Health Center**



Open weekdays 8 : 30 ~ 17 : 00

☎ 042-580-8172

✉ hokesen@ad.hit-u.ac.jp

A psychiatrist or counselor will be available to consult with you regarding physical and mental health issues.

**International Student &  
Study Abroad Advising Office**



Open weekdays 10 : 15 ~ 13 : 15 (in person)  
14 : 30 ~ 17 : 15 (online)

☎ 042-580-8168

Primarily handles issues related to international students. Advising is available in Japanese and English.

◆Resources outside campus

**TELL (Tokyo English Lifeline)**

Open Tue-Thu 9 : 00 ~ 23 : 00

Open Fri 9 : 00~2 : 00am

Open Sat 9 : 00~Mon 23 : 00

☎ 03-5774-0992

TELL is a non-profit community service organization dedicated to helping foreigners with advice and counseling on a wide variety of problems.



**Yorisoi Hotline**

☎ 0120-279-338



For service in foreign languages, please press 2 after the initial guidance.

Besides Japanese, the service is also available in English, Tagalog, Korean, Chinese, Spanish, Portuguese, Thai, Vietnamese, Nepali, Indonesian, and the other languages. The available Languages vary depending on time. And you can contact to them via "Facebook Messenger" or chat as well as by phone.

**Himawari (Tokyo Metropolitan Medical  
Institution Information Service)**

Open 9 : 00 ~ 20 : 00

☎ 03-5285-8181

You can obtain information about clinics and hospitals providing emergency or holiday services.



**Tokyo Metropolitan Government  
Foreign Residents' Advisory Center**

☎ 03-5320-7744 (English)

Open weekdays 9 : 30~12 : 00, 13 : 00~17 : 00

☎ 03-5320-7766 (Chinese)

Open Tue&Fri 9 : 30~12 : 00, 13 : 00~17 : 00

☎ 03-5320-7700 (Korean)

Open Wed 9 : 30~12 : 00, 13 : 00~17 : 00

FRAC welcomes questions about immigration issues, international marriages, job search and other everyday issues by phone or e-mail. Consultation is available in English, Chinese, and Korean.



when if it is so hard  
that you feel like dying...  
Please open this booklet



(Suicide Prevention)



HITOTSUBASHI  
UNIVERSITY

## Signs of declining mental health

When you feel down, tired, stressed, or just too busy, your mind and body exhibit various signs.

Listed below are the signs of declining mental health. Please check if any of these items apply to you.

- ☐ I have trouble sleeping; I wake up frequently during the night.
- ☐ I don't have any appetite; I am losing weight.
- ☐ I become emotionally unstable (feel depressed or anxious, angry, isolated, sad or worthless).
- ☐ I get tired easily; I am losing my drive.
- ☐ My ability to think, concentrate or make decisions is declining.
- ☐ I have lost interest or find no pleasure in things I used to enjoy.
- ☐ I have no one to talk to about my emotional state or feelings.
- ☐ I cannot attend university, leave my room, or lead a normal social life.
- ☐ I have become self-injurious or self-destructive.
- ☐ I have a persistent desire to die or disappear.

These signs are a warning that your mind and body are exhausted after working too hard for too long. Why don't you talk to someone about your feelings? You don't have to worry about expressing yourself clearly.

## When you think you'd rather die or should die.

### Do not be alone. Talk to us.



We are here to help you during challenging times. Don't try to deal with your trouble alone. Even at night, you can connect with support group through phone or chat.

### Ignore the inner voice blaming yourself.



Do not listen to the voice inside, blaming yourself or driving you into a corner. It's hard, but wait for the voice to go away. Then talk about the painful experience with someone you trust.

### Do not drink alcohol.



Drinking alcohol when distressed is extremely dangerous as it can intensify your anxiety even further. Stay away from alcohol for the time being.

**In an emergency,  
do not hesitate to call  
110 (Police) or  
119 (Ambulance) .**

## To families, teachers, staff and others around students

### Notice

If you notice a student behaving differently or looking down, please speak to the student in a relaxed atmosphere. Even if the student doesn't talk about the problem, it will comfort them to know having someone who cares.

### Empathize

If your children or other students confides in you that they are thinking of dying, please listen to them slowly without interrupting the story. And please tell them that there is always a way out and that you care about them.

### Connect

If you notice any disturbing signs, turn the matter over to the university's Health Center, Student Advising and Counseling Office, or other medical facility as soon as possible.