

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

☎ 042-580-8168

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

◆ Resources outside campus

TELL JAPAN

Open 9 : 00 ~ 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.



Tokyo Suicide Prevention Center

Open 20 : 00 ~ 2 : 30

only Monday Open 22 : 30 ~ 2 : 30

only Tuesday Open 17 : 00 ~ 2 : 30

☎ 03-5286-9090 ※Japanese only



Yorisoi-Chat (LINE Consultation)

URL : <https://yorisoi-chat.jp/>

※Japanese only



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.

If you have the urge to die

Do not be alone. Talk to us.



There are people who will listen to you. Don't try to deal with your trouble alone, talk to us instead. If it's nighttime now, 24-hour counseling is available via phone or LINE chat. Please wait until 8:30 a.m. and then contact the university.

Ignore the inner voice blaming yourself.



Do not listen to the voice inside, blaming yourself or driving you into a corner. Isn't the voice echoing your thoughts rather than reflecting the truth? Even if hard, wait until the voice disappears or talk to someone about it.

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 have a problem, it is comforting to have someone who cares.

Sympathize

If your children or other students look depressed or talk about dying, listen to them in a comfortable surrounding where they can talk at their own pace. Tell them that their lives are valuable and that they are important to you.

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.