

## On campus resources

### ■ Psychiatry clinic, Health Service Center

Hongo Branch : 03-5841-2578

Komaba Branch : 03-5454-6167

Kashiwa Branch : 04-7136-3040



### ..... ■ Student Counseling Center

Hongo Branch : 03-5841-2516

Komaba Branch : 03-5454-6186

Kashiwa Branch : 04-7136-3714



### ■ International Student Support Room (ISSR) .....



### ..... ■ General Consultation Unit

03-5841-7867/0786



## Off-campus counselling resources

### ■ Tokyo English Life Line (TELL) .....

<https://telljp.com/>

● Lifeline : 03-5774-0992

● Counseling: 03-4550-1146



## Medical information service

### ■ AMDA Medical Information Center



### ..... ■ Tokyo Metropolitan Medical Institution Information

English・中文(簡体)・한국어



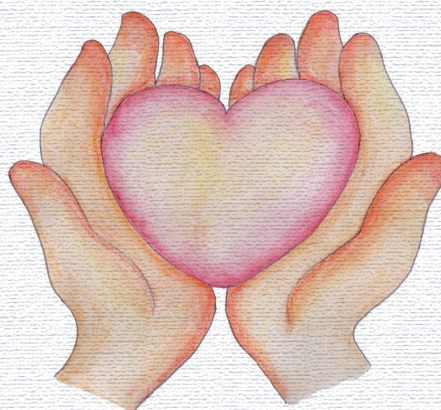
### ■ Guide for when you are feeling ill (JNTO) .....



This is your only life.

If you are  
having a difficult time,  
please contact us.

We are here for you.



Center for Research on Counseling and Support Services

The University of Tokyo

General Consultation Unit

03-5841-7867/0786



相談支援研究開発センター

Center for Research on Counseling and Support Services

If you find yourself  
thinking about suicide

(Or if someone near you  
expresses similar thoughts)

## Preventing suicide



[ Chamomile ]





● **At least wait until 9am tomorrow morning !**

Emotions are most unstable and most negative at night and in the early morning.

● **Go to bed and make sure you get enough sleep !**

Staying up all night even just once can prevent you from thinking straight.

● **Don't drink any alcohol tonight !**

Even a small amount of alcohol can make you anxious and unstable.

● **Don't pay attention to negative thoughts and voices !**

Ignore any thoughts about dying.

● **There is no deadline for living !**

You can always try again ; many opportunities only come later in life.

When you are suffering alone, suicidal thoughts tend to gather and grow.

**Send out an SOS to family, friends, teachers, professors, staff, your doctor or a counselor**

Overwork and lack of sleep can lead to mental exhaustion, reducing your ability to concentrate and impairing your memory for a long time afterwards (for months or even years).

**Take some time off and rest, persevere with treatment and wait for your recovery.**

When your future seems completely hopeless or when you feel totally alone, you may think that death is the only solution. But there is more than one way to live your life.

**Something good is certain to happen, and there is certainly someone who wants you to live.**



..... **To friends** .....

**When a friend reveals suicidal thoughts**

- Don't think of it as a joke.
- Listen to what your friend says carefully, and if you feel the thoughts may be serious, recommend that they visit a specialist as soon as possible.

..... **To parents** .....

**If your son or daughter looks depressed these days**

- Whatever you do, do not scold or criticize him or her without reason.
- Make sure that he or she realizes that even if they cannot graduate or cannot get a job, **you want them to stay alive.**
- Contact the university counseling facilities for further support.

..... **To faculty members and staff** .....

**If you are worried about a student because she or he is often absent without reason or is not earning the necessary credits**

- Try to contact the student, or his or her guardian.
- Contact the health service center and the student Counseling center.

**In an emergency, call 119 or 110 without delay.**