Resources

JET Online Counselling Services – Professional Counselling through mail and Skype. Info available through contracting organisation

JET Mental Health Counselling Assistance Program - This programme provides a partial subsidy (50%, up to ¥30,000 per year) for counselling costs incurred through consultation with mental health professionals in Japan not covered by health insurance.

TELL – Tokyo English Life Line – Free anonymous phone counselling between 9:00 am – 11:00pm 03-5774-0992

AJET Peer Support Group- Confidential listening and resource line, staffed by volunteers, available 8:00pm – 7:00am. 050-5534-5566 Skype at AJETPSG (Voice call, no I.M.)

International Mental Health Professionals in Japan - <http://www.imhpj.org/> - A list of (mostly metropolitan-based) therapists and counsellors available in a variety of non-Japanese languages.

Your RA/PA/Supervisor - Many cities/towns will have local counsellors that your community knows about.

