

“Mental Health Support Line for Ukraine related issues”

Unexpected international conflict has occurred and the impact of this conflict on our daily lives seems to be increasingly become more visible. It may increase anxiety and other mental health issues.

Regarding these mental health issues, Japanese Society of Certified Clinical Psychologists (JSCCP) has established a “Mental Health Support Line for Ukraine related issues.”

The support line available in English, Ukrainian, Russian, and Japanese.

Period: from June 1st 2022 to the end of November

Time for service: Every Wednesday from 10:00AM to 14:00PM

Telephone Number: 03-3813-9990

*The support line is available for those who want to know more about dealing with children’s anxiety and other mood problems. It is not only for Japanese but also for non-Japanese speakers who live in Japan. We can help you to find out the ways the children feel secure and stable.

*Those who have been evacuated from Ukraine can also use the support from the municipal government. In addition to our support line, you can contact the following. Lists of municipal consultation centers.

<https://www3.nhk.or.jp/nhkworld/uk/news/tips/#057>

*This support line is NOT a free line. The standard call fees apply.

*Each support session will be approximately 30 minutes to ensure availability to all who seek it.

No one needs to struggle alone, so please feel free to call us and share your feelings. We are here to support you.

Telephone Counseling for Ukraine Conflict issues

*From mid-June, 2022, this helpline is also available in Japanese and English which will be run by the Japanese Association of Certified Public Psychologists and Japanese Society of Certified Clinical Psychologists.

Time for service : Every Wednesday & Saturday 10am to 13pm

Telephone Number : 050-3714-4522