

Sources of help - western Japan

- **JAPAN HELP LINE**
TEL: (0570) 000-911
TEL: 0120-46-1997 English direct line
This is a 24-hour hot-line with a nationwide network of volunteers who give free counselling advice and practical aid in English to callers from any part of the country.
Website: http://jhelp.com/jpn/agape/cd_japan.html

- **INTERNATIONAL MENTAL HEALTH PROFESSIONALS JAPAN**
A multiprofessional association of therapists who provide mental health services to the international community.
URL: www.imhpj.org

- **IKUNO GAKUEN (shelter for women)**
TEL: 090-9629-4847
Weekdays 12-5pm Hotline and emergency
refuge/transition house for survivors of domestic violence and other abuses. Counselling and legal services in English and Japanese. All ages, nationalities, genders and sexualities welcome.

- **OSAKA PREFECTURAL WOMEN'S CENTRE (Dawn Centre)**
TEL: 06-6910-8588
Counselling and information on network of support groups

Details are available at 06-6910-8588
13.30-18.00 and 18.45-21.00 (Tuesday - Friday)

9.30-13.00 and 13.45-18.00 (Saturday and Sunday)
URL: <http://www.dawncenter.or.jp/english/counseling.html>
E-mail: dawn@dawncenter.or.jp

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- **ALCOHOLICS ANONYMOUS - Kansai Central Office**
TEL: 06-6536-0828
Meeting information is available by telephone.
- **JAPAN HIV CENTRE English AIDS Hotline**
TEL: 03-5259-0256
Saturday 12:00-15:00
- **RAINBOW PLAZA - Fukuoka**
TEL: 092-733-2220
Website: <http://www.rainbowfia.or.jp>
Counseling service:
A free counseling service by a professional clinical psychologist every Wednesday, Thursday and first and third Saturday for foreigners experiencing problems with everyday life in Japan. Consultations must be booked in advance.
- **COMMUNITY HOUSE & INFORMATION CENTRE - KOBE**
TEL: (078) 857-4789 Fax: 078-857-4789
10.00-15.00 Monday-Friday. Closed on holidays and 14 July - Mid August.
Organised by foreigners living in the Kansai area.
Website: <http://www.chickobe.com/>
E-mail: kobechick@gol.com
- **INFORMATION PLAZA OSAKA at International House - Osaka**
TEL: 06-6773-6533

9.00-21.00 Mon.-Sat. 9:00-17:30 Sunday and national holidays.

Website: <http://www.ih-osaka.or.jp>

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- **HYOGO INTERNATIONAL ASSOCIATION**
TEL: 078-382-2052
09:00-17:00 Monday-Friday
Website: <http://www.hyogo-ip.or.jp/>

- **KOBE INTERNATIONAL COMMUNITY CENTRE**
TEL: 078-291-8441
Mon-Fri 10:00-12:00/13:00-17:00
Website: <http://www.kicc.jp/>

- **KYOTO INTERNATIONAL FOUNDATION**
TEL: 075-752-1166/3511
09:30-20:30 Tuesday-Sunday, closed Monday.
Website: <http://www.kcif.or.jp/>

- **THE NARA INTERNATIONAL FOUNDATION**
TEL: 0742-27-2436
09:00-17:00 Tuesday-Saturday. Closed on Sundays,
Mondays and National holidays
Website: <http://www.nifs.or.jp/>

- **NAGOYA INTERNATIONAL CENTRE**
TEL: 052-581-5678
10:00-12:00/ 13:00-17:00 Tuesday-Saturday
Closed on Mondays, 29 Dec- 3 Jan, Mondays on 2nd
week in Feb & Aug
Website: <http://www.nic-nagoya.or.jp>
E-mail: info@nic-nagoya.or.jp

- **AICHI INTERNATIONAL PLAZA**
TEL: 052-961-7902
10.00-18.00 Monday - Saturday
Website: <http://www2.aia.pref.aichi.jp/>

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E-mail: sodan@aia.pref.aichi.jp

- **HIROSHIMA INTERNATIONAL CENTRE**

TEL: 0120-783-806/082-541-3888

09.00-20.30 Tuesday-Saturday, 09.30-18.00 Sunday.

Closed on Mondays & National holidays, 28 Dec - 4 Jan

Website: <http://www.hiroshima-ic.or.jp/hic/>

- **CENTER FOR MULTICUTURAL INFORMATION AND ASSISTNACE**

Osaka

13:00-17:00 Mon.-Fri.

TEL: 06-6390-8201

Hyogo

13:00-18:00 Mon. and Wed.-Sat.

TEL: 078-453-7440

Kyoto

10:00-18:00 Mon.-Fri.

TEL: 075-353-7205

Website: <http://www.tabunka.jp/>

- **KAGAWA-KEN INTERNATIONAL EXCHANGE ASSOCIATION- IPAL KAGAWA**

TEL: (087) 837-5908

09:00-18:00 Mon. and Wed.-Sun. / Closed on Mon. (Tue.

If Mon is National Holiday)

Website: <http://www.i-pal.or.jp/>

- **TAKAMATSU CITY INTERNATIONAL ASSOCIATION**

TEL: (087)837-6003

09.00-18.00 Closed on Mondays

Website: <http://ww2.enjoy.ne.jp/~tia/>

E-mail: tia@kgw.enjoy.ne.jp

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- **RAINBOW PLAZA, FUKUOKA**

TEL: 092-733-2220

10.00-20.00 everyday except for the third Tuesday each month.

Website: <http://www.rainbowfia.or.jp>

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