

Sources of help - eastern Japan

GENERAL COUNSELLING SERVICES

- **Foreign Residents' Advisory Centre**
Tel: 03-5320-7744
(English advisory service provided by the Tokyo Metropolitan Government)
General counselling service on marital, family, and other personal difficulties including traffic accidents and immigration matters. English service available Monday to Friday 9:30-16:00 (closed 12:00-13:00).
- **Tokyo English Life Line (TELL) (English)**
Tel: 03-5774-0992 URL: www.telljp.com
Telephone Counselling Service 03-3498-0231 (9am-11pm)
Face to Face counselling
Training, volunteers fundraising 03-3498-0261
- **Voluntary Group - Counselling and Assistance for Students from abroad (CASA)**
Tel: 03-3465-7550
Provides Telephone advisory service 10:00 - 18:00
Monday - Friday for foreign students on housing problems, Japanese visas, and general difficulties encountered while living in Japan. Located at: Nakano-ku, Higashi Nakano, 4-20-19-203 Tokyo.
- **Foreign Students - Tokyo YWCA Advisory**
Tel: 03-3293-1233
- **Cross Cultural Adjustment - Coping in Tokyo**
Tel: 03-3498-2031
- **The Tokyo International Communication Committee**
Tel: 03-5320-7740
URL: <http://www.tokyo-icc.jp>

Provides professional consultation services for foreign residents. Professionals in various fields: lawyers, labour

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consultants, medical doctors etc.

Various consultations available: residence status, visas, marriage, divorce, labour-related issues, education, pensions and insurance, taxes, medical care, problems related to accommodation, contracts etc.

Interpreters available, confidential free advice, no appointment necessary.

- **Tokyo Counseling Services**

Tel: 03-5431-3096

Fax: 03-5431-3097

URL: <http://tokyocounseling.com/>

email: tokyocounselingservices@gmail.com

Tokyo Counseling Services provide individual counseling, marriage counseling and family counseling, group therapy and psychotherapy services. Services are available in English, French, German, Korean, Japanese, Spanish and Portuguese for all residents living in the Tokyo region.

- **Meguro Counseling Center**

Tel: 03-3716-6624

URL: <http://www.megurocounseling.com/>

A counseling and psychology service in Tokyo by native-English speaking psychotherapists. Bilingual counseling in Japanese. Phone or Skype counseling is also available.

LEGAL COUNSELLING SERVICES

Section of Legal Assistance for Foreigners (SLAF)

in the Tokyo Public Law Office (TPLO)

Ikebukuro SIA Building 2F, 1-34-5 Higashi-Ikebukuro, Toshimaku, Tokyo 170-0013

Tel: 03-5979-2880 (Direct to the section, Japanese or English only)

E-mail: slaf@t-pblo.jp

Website: www.t-pblo.jp/slaf/

SHELTERS

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- **HELP Asian Women's Shelter** (House in Emergency of Love and Peace)
Tel: 03-3368-8855
Provides counselling 10:00 - 17:00 Monday - Saturday and a shelter for women and children facing physical violence. The organisation was established by the Japan Women's Christian Temperance Union.
- **International Marriages**
Japanese wives of Non-Japanese Tel: 042-561-8214
Association of Foreign wives of Japanese & non-Japanese Tel: 090-3705-5883
- **International Social Services Japan**
Tel: 03-3760-3471
An international charity network that provides various services, including: assistance in marriage & divorce procedures; searching for missing family members; counselling for foreigners resident in Japan married to Japanese nationals; child custody issues & visitation rights.
e-mail: issj@issj.org
Website: www.issj.org
- **Yokohama Foreign Residents**
Tel: 045-633-3344 English Every Friday 13:00-16:00
- **Yoke Information Corner**
Tel: 045-671-7209
A multilingual information number for foreign residents. Available Monday to Saturday 10:00 to 17:00, Sunday and national holiday 13:00 to 16:00, except every first Sunday.

AIDS/HIV

- **AIDS Medical Service**
Available every weekday from 9:00 - 12:00 at the Tokyo Metropolitan Komagome Hospital, Infectious Diseases

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Section. English-speaking doctors available. An appointment is required.

Tel: 03-3823-2101

- **Japan HIV Centre**
(English Sat. 12-5pm)
Tel: 03-5259-0256
uchida@sannet.ne.jp

- **JFAP AIDS Support Line**
Tel: 0120-177-812
(from a mobile: 03-3592-1181)

OTHERS

- **Alcoholics Anonymous in Tokyo**
Tel: 03-3971-1471
Contact number for Tokyo A.A. Group

- **CANCER - Breast cancer surgery**
Tel: 03-3792-1204

- **International Mental Health Providers Japan**
Website: www.imhbj.org
A multiprofessional association of therapists who provide mental health services to the international community.

- **Overeaters Anonymous - Tokyo**
Tel: 03-5605-9425

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