

Assistance Services

On Campus

- OSS is x103
- PEC for harassment issues – please see PEC bulletin board

- IUJ Counselor x506 – online appointment making possible
- IUJ Health Consultation services info is on the OSS board – online appointment making possible

OFF CAMPUS

- Counseling Services outside of IUJ - Tokyo English Lifeline
 - <https://telljp.com/>
 - Tel. 03-5774-0992
 - Or you can chat online with them.

- Other Consultation Service
 - Niigata International Association, NIA, has a phone consultation service (025-241-1881). You can pick up the flier on the bulletin board near the OSS to learn more and how to contact them.

- Information on Japan's legal system and related advice
 - HouTerrace Telephone 0570-078377
 - English available
 - <https://www.houterasu.or.jp/multilingual/index.html>

- Travel Help Lines are noted in your Info Pack

- Medical Consultation services, in various languages, is available at 03-5285-8088
 - Details are in the Info Pack