

Assistance Services

On Campus

- OSS is x103
- PEC for harassment issues – please see PEC bulletin board
- Dorm safety or concerns x555
- IUJ Counselor x506 – online appointment making possible
- IUJ Health Consultation services info is on the OSS board – online appointment making possible

OFF CAMPUS

- Tokyo English Lifeline – Consultations, Counseling, Suicide hotline, etc. etc.
 - <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.
- Foreigner support centers throughout Japan (list by Ministry of Justice)
 - <http://www.moj.go.jp/content/001317792.pdf>
 - General Daily Life support portal by MOJ - http://www.moj.go.jp/EN/nyuukokukanri/kouhou/m_nyuukokukanri10_00001.html
- Asian Women's Center (resources in MANY languages)
 - <https://asianwomenscenter.jimdofree.com/>
- Information, support and resources regarding Domestic Violence (physical and mental abuse, rape, info for children and more) - Tokyo English Lifeline services
 - <https://telljp.com/lifeline/tell-chat/homepage/resources/domestic-violence-2/>
- Information about Human Rights Violations for foreigners in Japan provided by MOJ
 - <http://www.moj.go.jp/JINKEN/jinken21.html>
 - Link to English information <http://www.moj.go.jp/content/001281977.pdf>
 - Many other languages are provided at the jinken21 site
- 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
- Information on Japan's legal system and related advice
 - HouTerrace Telephone 0570-078377
 - English available
 - <https://www.houterasu.or.jp/multilingual/index.html>

