

# Self-care

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## Mental Health Tips for Recognizing Signs of Stress

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# Introduction

According to the "Guidelines to Promote and Maintain the Mental Health of Workers" (developed in March 2006 and revised on November 30, 2015), [the promotion of mental health](#) requires workers to recognize stress, acquire the knowledge and skills to cope with it, and practice accordingly. In order to be aware of stress, workers need to understand their stress reactions to stressors and their mental health, and be able to correctly recognize their own stress and mental health status. Thus, self-care includes awareness of stress by workers themselves, coping with it, voluntary health counseling, and prevention of stress.

Basically, it means that every worker should understand the concept of ["taking care of your health"](#) and acquire knowledge and skills to cope with stress to implement them into daily live proactively. For this reason, it is essential for employers to provide workers with education, training, and information on the promotion of mental health care.

Workplaces with 50 or more employees have a stress check program (enforced in December 2015). This program primarily aims at preventing workers from developing mental health problems (primary prevention) by helping workers understand their stress levels, encouraging them to become aware of their stress, improving the work environment, and creating a more comfortable workplace. It is recommended that you take advantage of this information for future self-care and voluntary health counseling to improve your mental health.



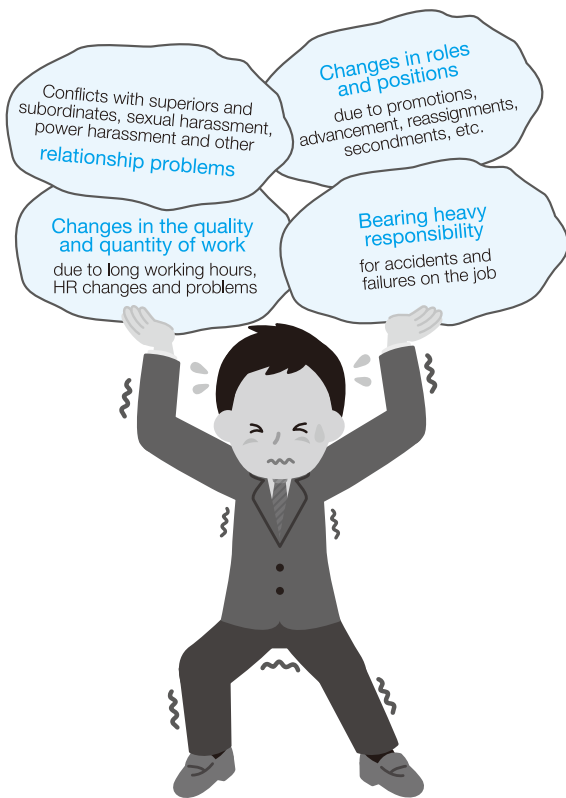
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Stress can be triggered by a variety of events. Check to see if you have any stressors around you, or if you're reacting to stress without realizing it.

**CHECK** Has this ever happened to you?

At work...



Not at work...



**CHECK** Stress reactions

As stress increases, the following changes in the mind, body, and daily behavior occur.



**Psychological aspects**

Depression, loss of motivation and concentration, sense of boredom, irritability and agitation, anxiety, tension, etc.

**Physical aspects**

High blood pressure, stomach and duodenal ulcers, diabetes, stiff neck and shoulders, palpitations, breathlessness, diarrhea/constipation, nausea, headache, dizziness, sleeplessness/nocturnal awakenings, loss of appetite, sluggishness, fatigue

**Behavioral aspects**

Decreased work efficiency, such as increased late arrivals and early departures, increased drinking and tobacco consumption, and increased or decreased food consumption, workplace accidents, and increased mistakes

## Stress Check Program (for workplaces with 50 or more workers) to recognize stress

© Guidelines for Examination and Interview Guidance to Assess the Level of Psychological Burden and for Measures Taken by Employers Based on the Results of Interview Guidance (enforced in December 2015)  
<https://www.mhlw.go.jp/hourei/doc/kouji/K180827K0010.pdf>

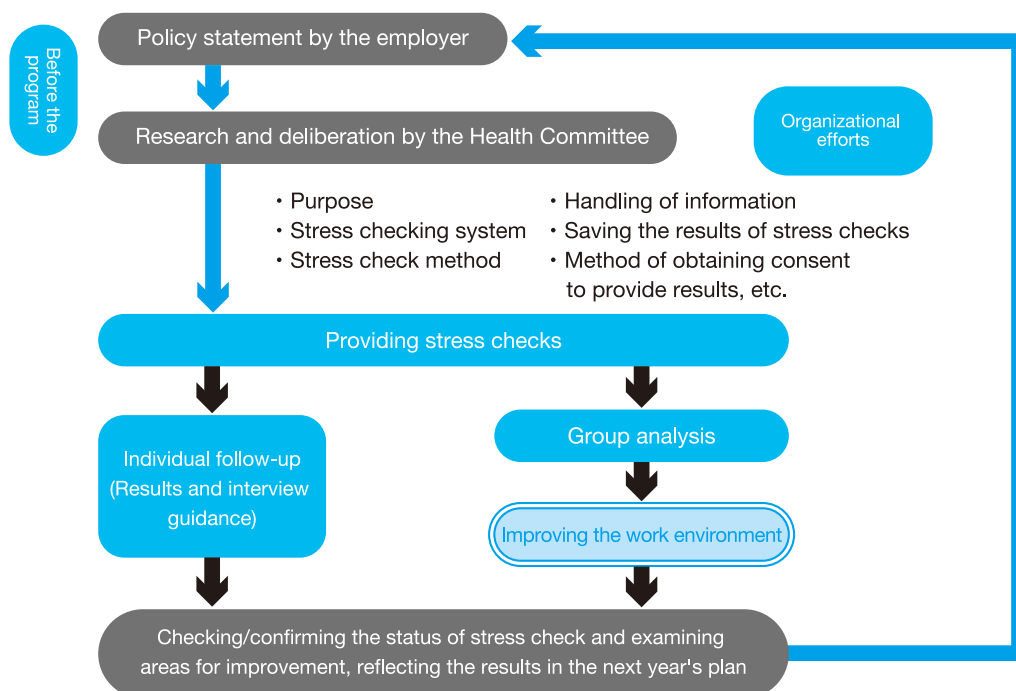
Have you taken a stress check? How were the results?

It's also worth facing the results, which is another essential aspect of self-care. If you get a high score on your results, you may get an invitation by a doctor for interview guidance as a possibly high-stress person. Then, request an interview. Do not ignore it; take some action, such as voluntary health counseling service or consult with a professional.

### Here's a refresher on the purpose of the Stress Check Program.

- Workers' stress levels are periodically checked using tests and questionnaires.
- The results of the stress check will be communicated directly from the provider to the employee. It helps to reduce the risk of individuals' mental health problems by making them aware of their own stress conditions and reduces the risk factors themselves.
- The results will be tabulated and analyzed for each group to understand the status of stress at each workplace. With reference to the "Job Stress Chart" and other information, the workplace environment will be assessed and improved.
- This program targets those with high subjective physical and mental symptoms and those who have a certain degree of subjective symptoms and are found to be highly stressed, with significantly worse causes of stress and support conditions around them. Under this program, workers can request an interview with an occupational physician (doctor) for guidance and, if necessary, take measures (e.g., limiting overtime work, changing jobs, etc.) to prevent mental health problems in the workplace.

### Flow of the Stress Check Program



Ministry of Health, Labour and Welfare:  
 Partial revisions and quotations from "Mental Health Care and Overwork Prevention in the Workplace with Stress Checks" and other documents

From the "Guide for Starting to Improve the Workplace Environment"

## Three Areas of the Brief Job Stress Questionnaire

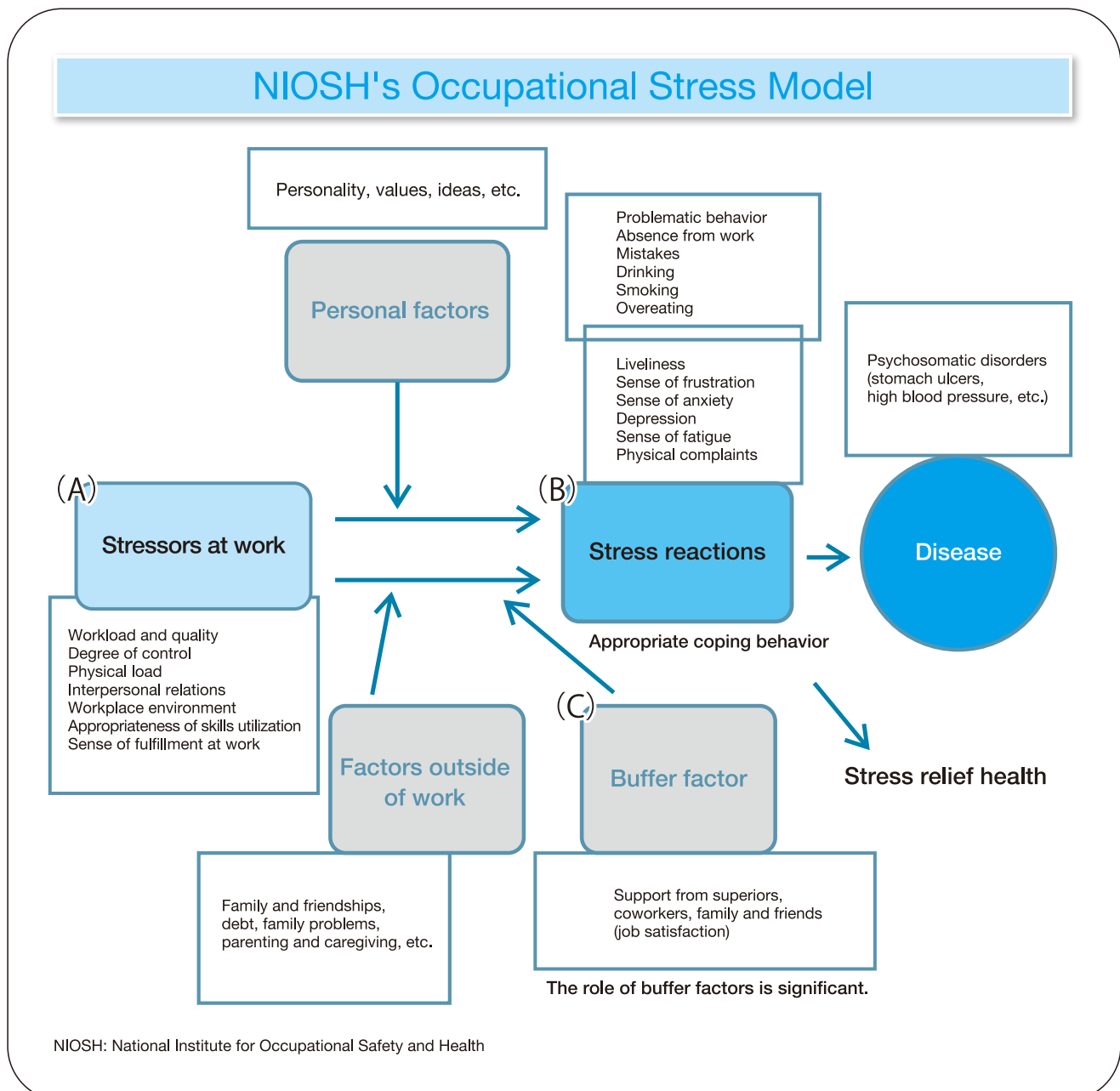
The stress check items under the law consist of 57 items, as shown on the next page. The content is determined by the employer after suggestions and advice from the person providing the stress check and after research and discussion by the Health Committee.

**The Brief Job Stress Questionnaire includes three areas of the occupational stress model**

- A "Job Stressors"
- B "Stress Response"
- C "Buffer factor (Support of surrounding people)"

Continued stress reactions due to work stressors can lead to health problems.

As shown in the NIOSH Occupational Stress Model, the stress reactions can be modified by job stressors as well as factors outside of work, personal factors, and buffer factors. In particular, whether or not there is support from the surroundings as a buffer factor influences the reduction of the stress reactions.



**CHECK** Please check your stress level

**A** Please answer the following questions concerning your job by circling the number that best fits your situation.

	Very much so	Moderately so	Somewhat	Not at all
1. I have an extremely large amount of work to do _____	1	2	3	4
2. I can't complete work in the required time _____	1	2	3	4
3. I have to work as hard as I can _____	1	2	3	4
4. I have to pay very careful attention _____	1	2	3	4
5. My job is difficult in that it requires a high level of knowledge and technical skill _____	1	2	3	4
6. I need to be constantly thinking about work throughout the working day _____	1	2	3	4
7. My job requires a lot of physical work _____	1	2	3	4
8. I can work at my own pace _____	1	2	3	4
9. I can choose how and in what order to do my work _____	1	2	3	4
10. I can reflect my opinions on workplace work policy _____	1	2	3	4
11. My knowledge and skills are rarely used at work _____	1	2	3	4
12. There are differences of opinion within my department _____	1	2	3	4
13. My department does not get along well with other departments _____	1	2	3	4
14. The atmosphere in my workplace is friendly _____	1	2	3	4
15. My working environment is poor (e.g. noise, lighting, temperature, ventilation) _____	1	2	3	4
16. This job suits me well _____	1	2	3	4
17. My job is worth doing _____	1	2	3	4

**B** Please answer the following questions concerning your health during the past month by circling the number that best fits your situation.

	Almost never	Sometimes	Often	Almost always
1. I have been very active _____	1	2	3	4
2. I have been full of energy _____	1	2	3	4
3. I have been lively _____	1	2	3	4
4. I have felt angry _____	1	2	3	4
5. I have been inwardly annoyed or aggravated _____	1	2	3	4
6. I have felt irritable _____	1	2	3	4
7. I have felt extremely tired _____	1	2	3	4
8. I have felt exhausted _____	1	2	3	4
9. I have felt weary or listless _____	1	2	3	4
10. I have felt tense _____	1	2	3	4
11. I have felt worried or insecure _____	1	2	3	4
12. I have felt restless _____	1	2	3	4
13. I have been depressed _____	1	2	3	4
14. I have thought that doing anything was a hassle _____	1	2	3	4

15. I have been unable to concentrate _____	1	2	3	4
16. I have felt gloomy _____	1	2	3	4
17. I have been unable to handle work _____	1	2	3	4
18. I have felt sad _____	1	2	3	4
19. I have felt dizzy _____	1	2	3	4
20. I have experienced joint pains _____	1	2	3	4
21. I have experienced headaches _____	1	2	3	4
22. I have had a stiff neck and / or shoulders _____	1	2	3	4
23. I have had lower back pain _____	1	2	3	4
24. I have had eyestrain _____	1	2	3	4
25. I have experienced heart palpitations or shortness of breath _____	1	2	3	4
26. I have experienced stomach and / or intestine problems _____	1	2	3	4
27. I have lost my appetite _____	1	2	3	4
28. I have experienced diarrhea and / or constipation _____	1	2	3	4
29. I haven't been able to sleep well _____	1	2	3	4

**C** Please answer the following questions concerning people around you by circling the number that best fits your situation.

		Extremely	Very much	Somewhat	Not at all
How freely can you talk with the following people?	1. Superiors _____	1	2	3	4
	2. Co-workers _____	1	2	3	4
	3. Spouse, family, friends, etc. _____	1	2	3	4
How reliable are the following people when you are troubled?	4. Superiors _____	1	2	3	4
	5. Co-workers _____	1	2	3	4
	6. Spouse, family, friends, etc. _____	1	2	3	4
How well will the following people listen to you when you ask for advice on personal matters?	7. Superiors _____	1	2	3	4
	8. Co-workers _____	1	2	3	4
	9. Spouse, family, friends, etc. _____	1	2	3	4

**D** Please answer the following questions concerning satisfaction by circling the number that best fits your situation.

		Satisfied	Somewhat satisfied	Somewhat dissatisfied	Dissatisfied
1. I'm satisfied with my job _____	1	2	3	4	
2. I am satisfied with my family life _____	1	2	3	4	

"Stress is the spice of life" by Hans Selye, a scholar of stress theory. Not all stress is harmful; in fact, stress in moderation can help us tighten our minds, improve our work and study efficiency, and give us a pleasant feeling of excitement and tension.

However, if the excitement and tension become too much, the mind and body cannot adapt to the situation (adjustment disorder), causing damage to the body and mind.

In dealing with stress, it is essential to recognize that you are under too much stress as soon as possible, and to find and practice stress management techniques that work for you.



### CHECK **Tips on how to deal with stress**

#### Point **Learn how to relax**

Learning relaxation techniques that work for us is a powerful tool in our stressful society. Relaxation methods include various methods, such as breathing and autonomic training methods. In particular, stretching does not require any special equipment or tools, and it is easy to do without taking up much space or time.

### What is stretching?

Slow stretching of the muscles effectively relaxes the body and mind by loosening muscle tension and stimulating blood circulation. When you are in the same position for long periods (standing and sitting), your muscles can become tense. Your muscles are also tensed up in stressful situations such as workloads and relationships.

Stretching in between work sessions will help relieve your muscles of tension and allow you to perform your next task more efficiently.

#### Tips for stretching

- 1 Stretch your arms slowly without bouncing.
- 2 Breathe naturally, without holding your breath.
- 3 Continue to stretch for 10 to 30 seconds.
- 4 Do not stretch to the point where you feel pain (without straining).
- 5 Turn your attention to the area being stretched.
- 6 Smile while exercising.





## Relax your body easily

### Basic exercises

#### Lifting and lowering of the shoulders

Lift your shoulders up and stop for a bit, then relax as you exhale and let it drop.



### Stretching

#### Back

Reach forward with your arms crossed and round your back so that you can look into your navel.



### Stretching

#### Waist

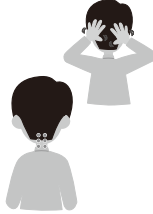
Stretch your waist, twist your body back and grab the back of a chair.



### Massage

#### Neck

Grasp the head with all four fingers except the thumb and massage the neck with the thumb.



### Basic exercises

#### Neck rotation

Relax your neck and shoulders and rotate your neck slowly.



### Stretching

#### Upper half of the body

Cross your arms and stretch your chest out while reaching upward.



### Tips Socialize with people closest to you

Talking about your current situation and feelings, including your various anxieties and frustrations, will help you feel amazingly refreshed. Because, by putting them into words, you can relieve the worries you have been obsessing over.

When you are under a lot of stress, just having someone close to you sit down and listen to you can make you feel a lot better. Also, by talking to them, you can sort out your feelings and solve your problems by yourself, and sometimes they can give you good advice.

### Tips Laughter is the best medicine

Have you laughed out loud lately? When you don't have any space in your heart, you tend to laugh less and become expressionless. Laughter regulates the autonomic nervous system's balance, activates NK (natural killer) cells that attack cancer cells, and normalizes the immune system. Let's get a good laugh in our daily lives and live a healthy and happy life.

### Tips Break the tension into small pieces

If you feel nervous throughout the day, go to the restroom and take a deep breath, or do some light exercises and take a short break to refresh yourself.

### Tips Make the environment as relaxing as possible

Arrange your desk, chair, and computer to your taste as much as your workplace allows. Create your own space to listen to your favorite music during breaks, if possible, to create an environment where you can relax.

### Tips Have a hobby outside of work

Having a hobby outside of work can be a refreshing change of pace and a great stress reliever. It will add fun to your life, by having a variety of hobbies, both alone and with friends, and help enrich your daily experience mentally.

### Tips Have more opportunities to get close to nature

Getting away from a stressful workplace and allowing yourself to be in nature can help to change the rhythm of your life. Furthermore, forest trees contain ingredients (phytoncides) that refresh the mind and body, and is very effective in relieving stress.

### Tips Exercise moderately

Moderate exercise can help you feel satisfied, relaxed, and refreshed and help relieve physical and mental stress. Some people think of exercise as a contest of skill with a focus on winning and losing, but it's important to "enjoy" it as a stress reliever. Find a workout you like and can easily do in a fun environment.

### Tips Don't rely on cigarettes or alcohol for stress relief

If you turn to tobacco or alcohol to escape from a stressful situation, you may end up inadvertently worsening it and, in some cases, becoming addicted to them. The result can be damage to your physical and mental health. Be careful not to depend on smoking or drinking to relieve stress. Other stress relievers may be recommended.

# Live a regular life and get enough sleep

The following are tips for sleeping soundly and waking up refreshed, based on the "Sleep Guide for Health Promotion 2023" published by the Ministry of Health, Labour and Welfare in February 2024.

## Sleep Recommendations for Adults

- The appropriate amount of sleep varies from person to person, but a good rule of thumb is to ensure you get at least six hours of sleep.
- Review lifestyle habits such as diet and exercise, as well as the sleeping environment in the bedroom, to improve the sense of restfulness from sleep.
- In cases of poor sleep and a decreased sense of restfulness from sleep, it is important to try to improve your lifestyle habits, but also to stay alert to the possibility of underlying illnesses.



## Things You Can Do to Improve the Sleep Quality, Starting Today

### Improve the rhythm of your life and sleeping environment

- Getting as much sunlight as possible during the day helps regulate your body clock and makes it easier to fall asleep.
- Do not bring smartphones or tablet devices into the bedroom, and keep the room as dark as possible for a good night's sleep.
- The bedroom should be at a temperature that is neither too hot nor too cold, and it is easier to fall asleep if you take a bath about 1 to 2 hours before bedtime to warm up your body.
- Sleeping in as quiet an environment as possible and with relaxing bedclothes and bedding will help you get a good night's sleep.



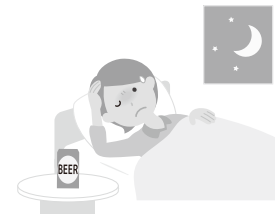
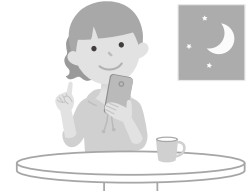
### Exercise and diet are also important

- Developing a moderate exercise routine helps ensure good night's sleep.
- Eating a good breakfast and refraining from eating at night just before bedtime helps regulate the body clock and sleep/wake rhythm.
- Relax before bedtime, avoid trying to force yourself to sleep, and go to bed when you feel sleepy to help you fall asleep.
- A regular lifestyle will improve sleep quality by maintaining a balance between daytime activity and nighttime sleep.



## Be careful with indulgences

- Caffeine intake in excess of 400 mg per day (about 700 cc of coffee) may make it difficult to sleep at night.
- Caffeine consumption in the early evening or later is likely to affect nighttime sleep.
- Heavy drinking in the evening or drinking alcohol to sleep (nightcap) may worsen sleep quality.
- Smoking (cigarettes, heated cigarettes, and other nicotine-containing products) may worsen sleep quality.



## Working Patterns (Shift Work) and Sleep Challenges

- Be aware of health risks, such as poor sleep, when working in shifts.
- If insomnia, a decreased sense of restfulness from sleep, or drowsiness on the job persists and interferes with daily life, see a health care provider promptly.

**If symptoms persist even after reviewing your lifestyle, sleeping environment, and the way you incorporate indulgences, you may have a sleep disorder and should see a health care provider as soon as possible.**



Sleep Guide for Health Promotion 2023  
(Ministry of Health, Labour and Welfare, February 2024)

[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou\\_iryuu/kenkou/suimin/index.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/kenkou/suimin/index.html)

Smart Life Project/Special web content on sleep

[https://www.smartlife.mhlw.go.jp/event/sleep\\_quality/](https://www.smartlife.mhlw.go.jp/event/sleep_quality/)



\* **Kokoro-no-mimi (The Ear of Your Heart) Mental health portal site for workers**

5-minute self-check for workplace stress

<https://kokoro.mhlw.go.jp/check/>

- Four steps to quick questions
- Measure your stress level at work
- There are 57 questions in total (5 minutes)
- Please select your gender first.

"Self-care Quiz" in combination with the e-learning "Self-care in 15 Minutes"

<https://kokoro.mhlw.go.jp/e-learning/selfcare/>

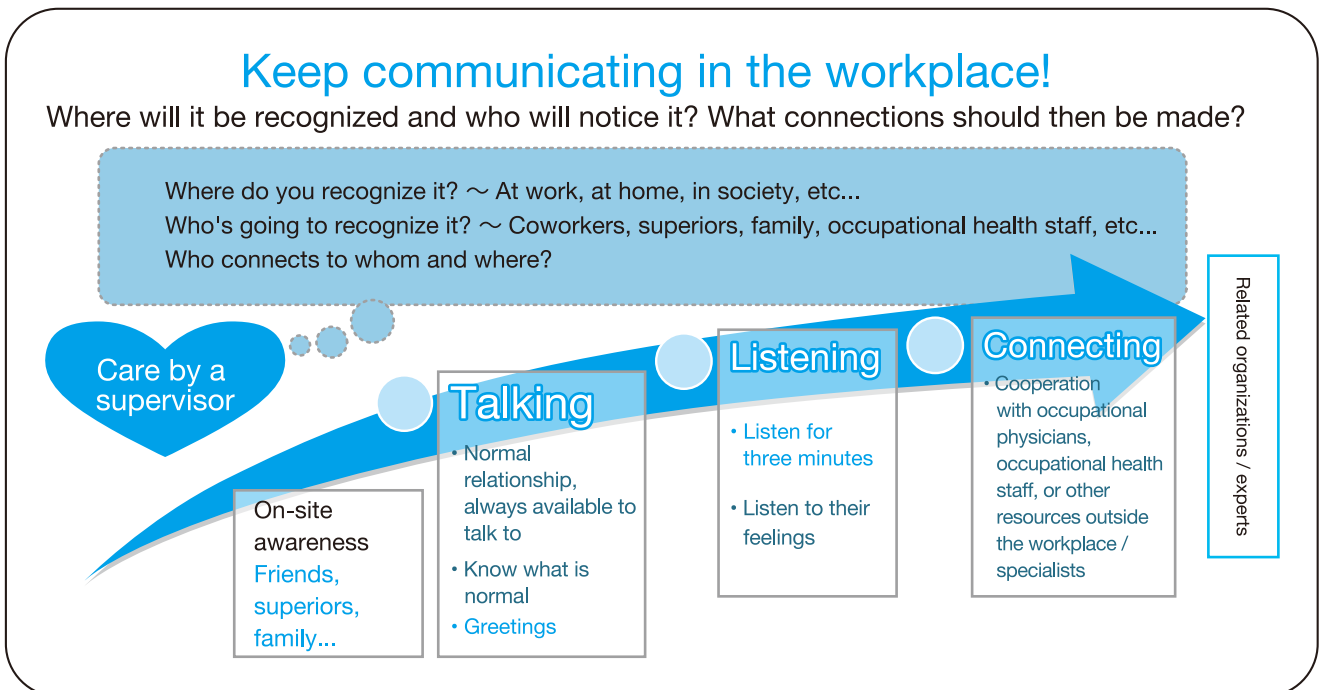
The basics of self-care include ensuring that each worker understands the concept of "taking care of your health," acquiring the knowledge and skills necessary to do so, and proactively implementing them into daily life.

As a first step, let's learn the basics of stress awareness and coping, and voluntary health counseling.

e-Learning resource, "15 minutes to understand interaction analysis for the first time"

[https://kokoro.mhlw.go.jp/e\\_transaction/](https://kokoro.mhlw.go.jp/e_transaction/)

You can focus on the patterns of interaction between you and others (relationships) to improve relationships at the workplace, etc. It will help you to live autonomously and self-actualize. Let's focus on your relationships with others (strokes).



Starting with greetings, recognize the importance of "Talking, Listening, and Connecting" with others. Create a workplace culture of compassion and support for your coworkers by valuing what you recognize on site. The creation of a work environment also leads to stability in self-care. Communicate through words. Tell each other positive words in the workplace, such as "Thank you," "Thank you for your help," "That's great," etc.

## <Life Line>

**Navi Dial**  
(\* NTT's Japan-wide call handling service)

From 10:00 a.m. to 10:00 p.m.  
You will be connected to the Navi Dial Reception Center in sequence.

# 0570-783-556

**Toll-free number**

The Life Line offers a toll-free telephone counseling service.

# 0120-783-556

Every day 16:00 - 21:00  
From 8:00 a.m. on the 10th of each month to 8:00 a.m. the following day

\*IP phone service is available only from the 10th to the 11th of each month. Please call 03-6634-7830 (charges apply).

As of July 2024

Prefecture	Name	Phone number	Reception time
Hokkaido	Asahikawa Life Line	0166-23-4343	Mon. - Wed. 9:00 - 15:30 Thu., Fri., Sat., Sun. and public holidays 24 hours
	Hokkaido Life Line	011-231-4343	24 hours
Aomori	Aomori Life Line	0172-33-7830	12:00 - 21:00
Akita	Akita Life Line	018-865-4343	12:00 - 20:30
Iwate	Morioka Life Line	019-654-7575	Mon. - Sat. 12:00 - 21:00 Sun. 12:00 - 18:00
Miyagi	Sendai Life Line	022-718-4343	24 hours
Yamagata	Yamagata Life Line	023-645-4343	13:00 - 22:00
Fukushima	Fukushima Life Line	024-536-4343	10:00 - 22:00 3rd Sat., 24 hours
Niigata	Niigata Life Line	025-288-4343	24 hours
Nagano	Nagano Life Line	026-223-4343	11:00 - 22:00
	Matsumoto Life Line	0263-88-8776	11:00 - 22:00
Gunma	Gunma Life Line	027-212-0783	9:00 - 24:00 2nd and 4th Fri., 24 hours
Tochigi	Tochigi Life Line	028-643-7830	24 hours
	Ashikaga Life Line	0284-44-0783	15:00 - 21:00
Ibaraki	Ibaraki Life Line	029-855-1000	24 hours
	Ibaraki Life Line, Mito	029-350-1000	24 hours
Saitama	Saitama Life Line	048-645-4343	24 hours
Chiba	Chiba Life Line	043-227-3900	24 hours
Tokyo	Tokyo Life Line	03-3264-4343	Available 24 hours (all year round)
	Tokyo Tama Life Line	042-327-4343	10:00 - 21:00 3rd Fri. and Sat. 24 hours
	Tokyo English Life Line (TELL)	03-5774-0992	Tue. - Thu. 9:00 - 23:00 Fri. 9:00 - 23:00 Available 24 hours a day Sat. 9:00 - Mon. 23:00 Phone & Chat-English only
Kanagawa	Kawasaki Life Line	044-733-4343	24 hours
	Yokohama Life Line	045-335-4343 (Japanese)	Japanese: 24 hours
		045-336-2477 (Spanish) 045-336-2488 (Portuguese)	Spanish · Portuguese: Wed. 10:00 - 21:00 Fri. 19:00 - 21:00 Sat. 12:00 - 21:00
Yamanashi	Yamanashi Life Line	055-221-4343	Tue. - Sat., 16:00 - 22:00
Shizuoka	Shizuoka Life Line	054-272-4343	12:00 - 21:00
	Hamamatsu Life Line	053-473-6222 (Japanese)	Sun. - Tue., hol., 10:00 - 22:00 Wed. - Sat. 10:00 - 24:00 2nd and 4th Sat., 24 hours
		0120-66-2488 (Portuguese)	Portuguese: Every Fri. 19:30 - 21:30

Prefecture	Name	Phone number	Reception time
Gifu	Gifu Life Line	058-277-4343	Daily 19:00 - 22:00 1st and 3rd Sat. 8:00 - 19:00
Aichi	Nagoya Life Line	052-931-4343	24 hours
Mie	Mie Life Line	059-221-2525	18:00 - 23:00
Shiga	Shiga Life Line	077-553-7387	Fri. - Mon. 10:00 - 20:30
Kyoto	Kyoto Life Line	075-864-4343	24 hours
Nara	Nara Life Line	0742-35-1000	24 hours
Osaka	Kansai Life Line	06-6772-1121	24 hours
Hyogo	Kobe Life Line	078-371-4343	Weekdays 8:30 - 20:30 Sun./hol. 8:30 - 16:00 Sat., 2nd, 3rd and 4th Fri. 8:30 - 8:30 the next day When Sat., 2nd, 3rd, or 4th Fri. is a public holiday 8:30 - 16:00 20:30 - 8:30 the next day
			Harima Life Line
Wakayama	Wakayama Life Line	073-424-5000	10:00 - 22:00
Tottori	Tottori Life Line	0857-21-4343	12:00 - 21:00 Mon. - Fri. 9:00 - 22:00
Shimane	Shimane Life Line	0852-26-7575	Sat. - Sun. 9:00 - 22:00 (continuously available)
Okayama	Okayama Life Line	086-245-4343	24 hours
Hiroshima	Hiroshima Life Line	082-221-4343	24 hours
Yamaguchi	Yamaguchi Life Line	0836-22-4343	16:30 - 22:30
Kagawa	Kagawa Life Line	087-833-7830	24 hours FAX: 087-861-4343
Ehime	Ehime Life Line	089-958-1111	12:00 - 24:00 9:00 - 21:00 New Year holidays 10:00 - 18:00
Kochi	Kochi Life Line	088-824-6300	24 hours
			24 hours
Fukuoka	Fukuoka Life Line	092-741-4343	24 hours
			24 hours
Saga	Saga Life Line	0952-34-4343	24 hours
Nagasaki	Nagasaki Life Line	095-842-4343	9:00 - 22:00 1st and 3rd Sat. 24 hours
Kumamoto	Kumamoto Life Line	096-353-4343	24 hours
Oita	Oita Life Line	097-536-4343	24 hours
Miyazaki	Miyazaki Inochi no Denwa	0570-783-556	Tue., Thu., Sat., Sun. 18:00 - 4:00 the next day Mon., Wed., Fri. 21:00 - 4:00 the next day
			*Reception areas: Miyazaki, Kumamoto, Kagoshima, Oita
Kagoshima	Kagoshima Life Line	099-250-7000	24 hours
Okinawa	Okinawa Life Line	098-888-4343	10:00 - 23:00

## <Mental Health and Welfare Center>

	Center name	Phone number		Center name	Phone number	
Hokkaido	Mental Health and Welfare Center, Hokkaido Prefecture	011-864-7121	Kinki	Mental Health and Welfare Center, Shiga Prefecture	077-567-5010	
	Sapporo Kokoro no Center (Sapporo City Mental Health and Welfare Center)	011-622-5190		Mental Health and Welfare General Center, Kyoto Prefecture	075-641-1810	
Tohoku	Mental Health and Welfare Center, Aomori Prefecture	017-787-3951		Mental Health Promotion Center, Kyoto City	075-314-0355	
	Mental Health and Welfare Center, Iwate Prefecture	019-629-9617		Mental Health General Center, Osaka Prefecture	06-6691-2811	
	Mental Health and Welfare Center, Miyagi Prefecture	0229-23-0021		Mental Health Center, Osaka City	06-6922-8520	
	Mental Health and Welfare General Center, Sendai City	022-265-2191		Mental Health Center, Sakai City	072-245-9192	
	Children, Women, and Disabled Persons Counseling Center	018-831-3946		Hyogo Mental Health Welfare Center	078-252-4980	
	Mental Health and Welfare Center, Yamagata Prefecture	023-624-1217		Mental Health and Welfare Center, Kobe City	078-371-1900	
	Mental Health and Welfare Center, Fukushima Prefecture	024-535-3556		Mental Health and Welfare Center, Nara Prefecture	0744-47-2251	
Kanto/Koshuetsu	Mental Health and Welfare Center, Ibaraki Prefecture	029-243-2870		Mental Health and Welfare Center, Wakayama Prefecture	073-435-5194	
	Mental Health and Welfare Center, Tochigi Prefecture	028-673-8785	Chugoku/Shikoku	Mental Health and Welfare Center, Tottori Prefecture	0857-21-3031	
	Mental Health Center, Gunma Prefecture	027-263-1166		Mental and Body Consultation Center, Shimane Prefecture	0852-32-5905	
	Mental Health and Welfare Center, Saitama Prefecture	048-723-3333		Okayama Mental Health Welfare Center	086-201-0850	
	Mental Health Center, Saitama City	048-762-8548		Mental Health Center, Okayama City	086-803-1273	
	Mental Health and Welfare Center, Chiba Prefecture	043-307-3781		General Mental Health and Welfare Center, Hiroshima Prefecture	082-884-1051	
	Mental Health Center, Chiba City	043-204-1582		Mental Health and Welfare Center, Hiroshima City	082-245-7731	
	Chubu General Mental Health and Welfare Center, Tokyo	03-3302-7575		Mental Health and Welfare Center, Yamaguchi Prefecture	083-902-2672	
	Tama General Mental Health and Welfare Center, Tokyo	042-376-1111		Mental Health and Welfare Center, Tokushima Prefecture	088-602-8911	
	Mental Health and Welfare Center, Tokyo	03-3844-2210		Mental Health and Welfare Center, Kagawa Prefecture	087-804-5565	
	Mental Health and Welfare Center, Kanagawa Prefecture	045-821-8822		Mental and Body Health Center, Ehime Prefecture	089-911-3880	
	Mental Health Consultation Center, Yokohama City	045-671-4408	Mental Health and Welfare Center, Kochi Prefecture	088-821-4966		
	Kawasaki City Comprehensive Rehabilitation Promotion Center	044-201-3242	Kyushu/Okinawa	Mental Health and Welfare Center, Fukuoka Prefecture	092-582-7510	
	Mental Health and Welfare Center, Sagami City	042-769-9818		Mental Health and Welfare Center, Kitakyushu City	093-522-8729	
	Mental Health and Welfare Center, Niigata Prefecture	025-280-0111		Mental Health and Welfare Center, Fukuoka City	092-737-8825	
	Mental Health Center, Niigata City	025-232-5551		Mental Health and Welfare Center, Saga Prefecture	0952-73-5060	
	Mental Health and Welfare Center, Yamanashi Prefecture	055-254-8644		Nagasaki Children, Women, and Disabled Persons Support Center	095-846-5115	
	Mental Health and Welfare Center, Nagano Prefecture	026-266-0280		Mental Health and Welfare Center, Kumamoto Prefecture	096-386-1255	
	Chubu/Hokuriku	Mental Health and Welfare Center, Gifu Prefecture		058-231-9724	Mental Health Center, Kumamoto City	096-366-1171
		Mental Health and Welfare Center, Shizuoka Prefecture		054-286-9245	Mental Health and Welfare Center, Oita Prefecture	097-541-5276
Mental Health Center, Shizuoka City		054-262-3011		Mental Health and Welfare Center, Miyazaki Prefecture	0985-27-5663	
Mental Health and Welfare Center, Hamamatsu City		053-457-2709		Mental Health and Welfare Center, Kagoshima Prefecture	099-218-4755	
Mental Health and Welfare Center, Aichi Prefecture		052-962-5377	General Mental Health and Welfare Center, Okinawa Prefecture	098-888-1443		
Mental Health and Welfare Center, Nagoya City		052-483-2095				
Mental Health Center, Mie Prefecture		059-223-5241				
Mental Health Center, Toyama Prefecture		076-428-1511				
Mental Health Center, Ishikawa Prefecture		076-238-5761				
Fukui Prefectural General Welfare Consultation Center		0776-26-4400				

It is recommended that you prepare a list of information on mental health counseling and support services available to both workplace personnel and individual workers, so that you can use it as needed.

### Information about external professional organizations and health care institutions

#### Consulting organizations outside of the contracted workplaces

Organization name

Phone number

#### Medical institution

Institution name

Phone number

#### Mental Health and Welfare Center

Center name

Phone number

#### Life Line

Facility name

Phone number

#### “Kokoro-no-mimi (The Ear of Your Heart)” – Phone counseling services for workers

Call **0120-565-455**

Mon./Tue.

17:00 - 22:00

Sat./Sun.

10:00 - 16:00

(Excluding holidays and New Year's holidays)

## Column

### Doctor's interview guidance system for employees working long hours

Medical data suggests that there is a link between the onset of brain and heart diseases and long working hours. The Industrial Safety and Health Act requires that workers who work more than 80 hours of overtime or holidays per month and show signs of fatigue accumulation be interviewed by a doctor to prevent overwork health problems. This interview guidance must be arranged at the worker's request.

Besides, employers are now required to provide workers who have worked more than 80 hours of overtime or holidays per month with information on the hours they have worked in excess.

Furthermore, employers must provide a doctor's interview guidance for workers without their consent if they have engaged in researching and developing new technologies, products, or services more than 100 hours of overtime or holidays per month. (With penalties)

The interview guidance for long-time and high-stress workers is very important to provide an opinion from a medical perspective. The aim of this program is to prevent brain and heart diseases and mental health problems caused by overwork and stress in workers.

Occupational physicians should not only instruct the workers in the interview session but also give opinions from a medical point of view to help employers implement appropriate measures on employment. It is recommended that it be fully utilized for self-care to help maintain and improve employee health.

## Occupational Health Promotion Center (located in each of the 47 prefectures nationwide)

Prefecture	Phone number	Prefecture	Phone number
Hokkaido	011-242-7701	Shiga	077-510-0770
Aomori	017-731-3661	Kyoto	075-212-2600
Iwate	019-621-5366	Osaka	06-6944-1191
Miyagi	022-267-4229	Hyogo	078-230-0283
Akita	018-884-7771	Nara	0742-25-3100
Yamagata	023-624-5188	Wakayama	073-421-8990
Fukushima	024-526-0526	Tottori	0857-25-3431
Ibaraki	029-300-1221	Shimane	0852-59-5801
Tochigi	028-643-0685	Okayama	086-212-1222
Gunma	027-233-0026	Hiroshima	082-224-1361
Saitama	048-829-2661	Yamaguchi	083-933-0105
Chiba	043-202-3639	Tokushima	088-656-0330
Tokyo	03-5211-4480	Kagawa	087-813-1316
Kanagawa	045-410-1160	Ehime	089-915-1911
Niigata	025-227-4411	Kochi	088-826-6155
Toyama	076-444-6866	Fukuoka	092-414-5264
Ishikawa	076-265-3888	Saga	0952-41-1888
Fukui	0776-27-6395	Nagasaki	095-865-7797
Yamanashi	055-220-7020	Kumamoto	096-353-5480
Nagano	026-225-8533	Oita	097-573-8070
Gifu	058-263-2311	Miyazaki	0985-62-2511
Shizuoka	054-205-0111	Kagoshima	099-252-8002
Aichi	052-950-5375	Okinawa	098-859-6175
Mie	059-213-0711		

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