

# Self-care

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## Mental Health Tips for Recognizing Signs of Stress

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Ministry of Health,  
Labour and Welfare



Japan Organization  
of Occupational Health and Safety

# 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.



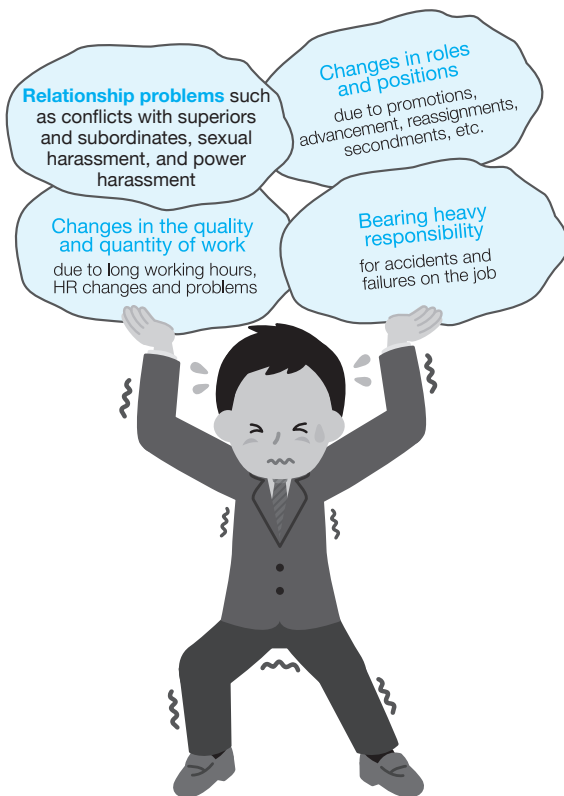
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Stress can be triggered by a variety of events. Check to see if you have any stressors around you, or if you're reacting to stress without realizing it.

## 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)  
<http://www.mhlw.go.jp/file/06-Seisakujouhou-11300000-Roudoukijunkyokuanzeniseibu/0000181834.pdf>

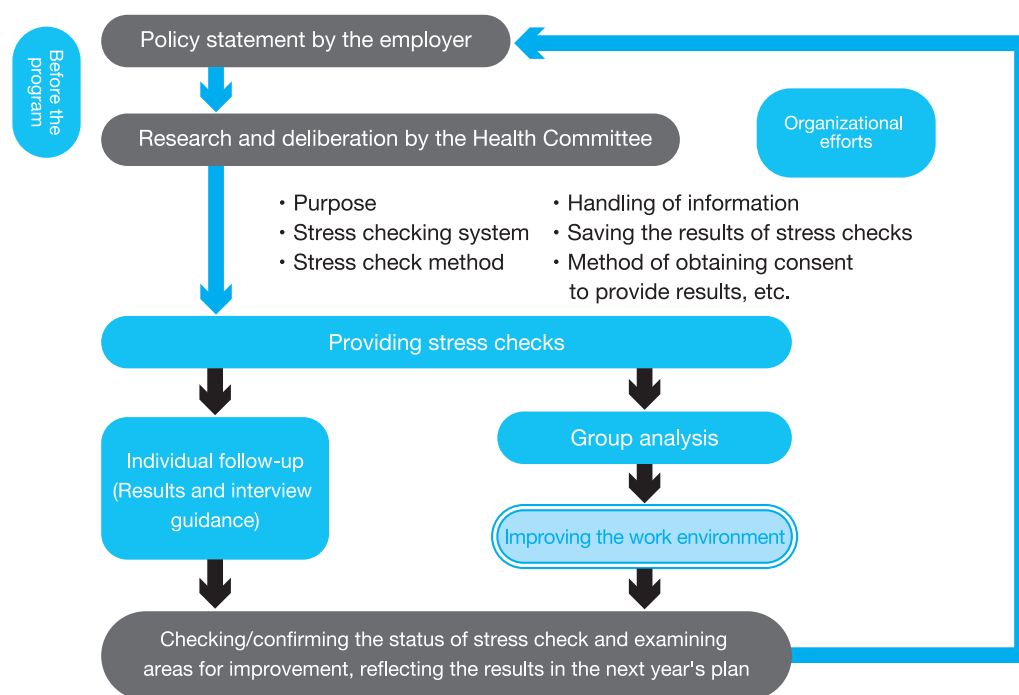
Have you taken a stress check? How were the results?

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.

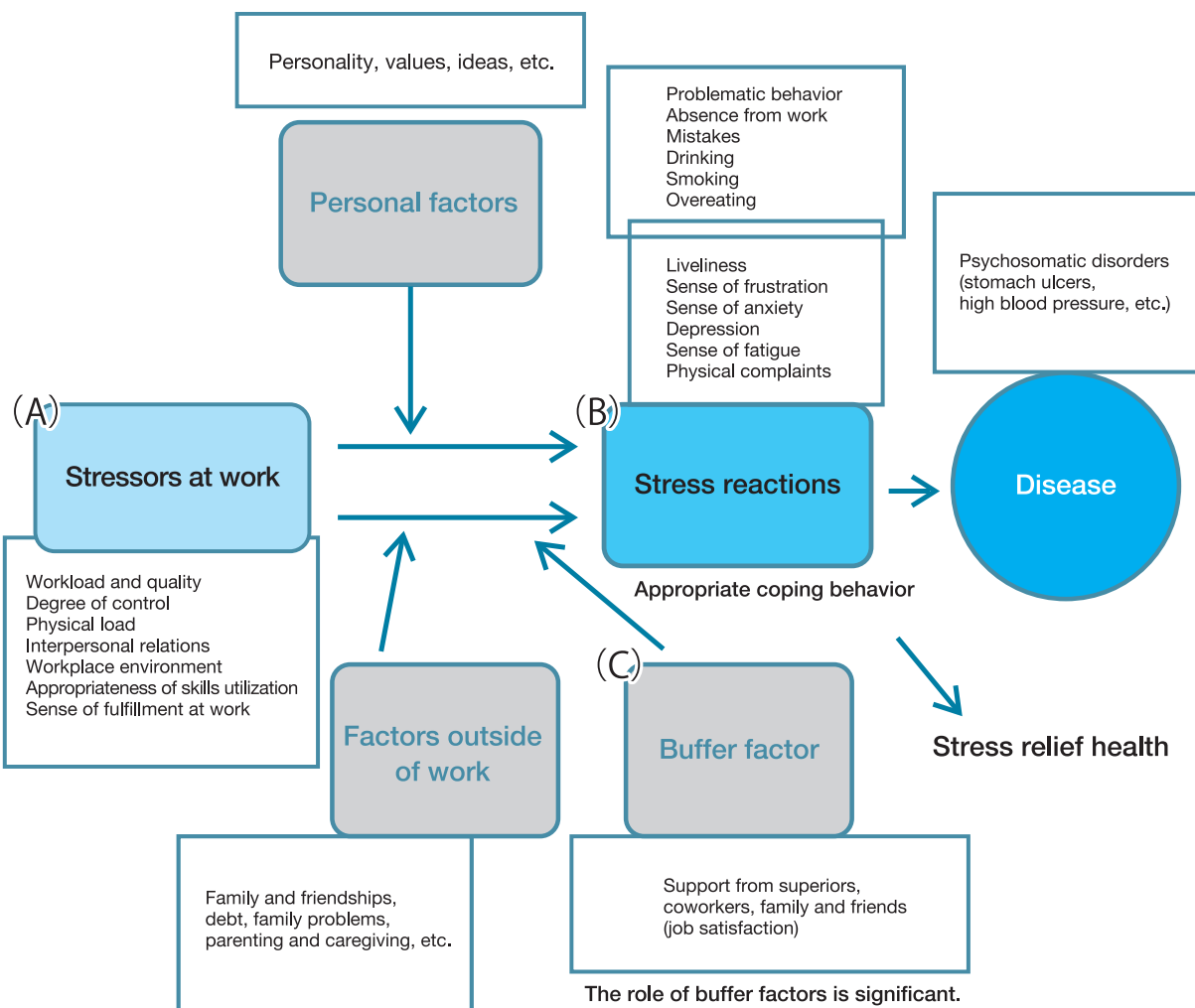
**The Brief Job Stress Questionnaire includes three areas of the occupational stress model**

- 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.

### NIOSH's Occupational Stress Model



NIOSH: National Institute for Occupational Safety and Health



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 Stop stretching at the point where you feel pain.  
(Exercise moderately)
- 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.

Sleep Guideline for Health Promotion 2014 (Health Service Bureau, Ministry of Health, Labour and Welfare, March 2014)

<http://www.mhlw.go.jp/file/06-Seisakujouhou-10900000-Kenkoukyoku/0000047221.pdf>

## - 12 Steps for Sleeping -

### Step 1

**Good sleep helps keep your body and mind healthy.**

Good sleep helps keep your body healthy.

Good sleep promotes mental health.

Good sleep prevents accidents.

### Step 2

**Exercise moderately, eat a good breakfast, and get a good night's sleep and wake up refreshed.**

Regular exercise and proper diet lead to good sleep.

Breakfast is vital for awakening the body and mind.

Bedtime alcohol instead of sleeping pills can make sleep worse.

Avoid smoking and caffeine consumption before bedtime.



### Step 3

**Good sleep can help prevent lifestyle diseases.**

Lack of sleep and insomnia increase the risk of lifestyle diseases.

Sleep apnea can cause lifestyle diseases.

Obesity causes sleep apnea.



### Step 4

**Restfulness from sleep is important for your mental health.**

If you can't sleep or feel rested by sleep, it may be that your brain is sending out an SOS.

If you don't feel rested by sleep and have a hard time during the day, you may suffer from depression.

### Step 5

**Depending on your age and the season, you should get enough sleep to avoid trouble with daytime sleepiness.**

The amount of sleep needed varies from person to person.

Our sleep duration gradually decreases with age.

As you get older, you become a morning person. It is more pronounced in men.

The best way to sleep is to sleep enough naturally so that you don't have to deal with sleepiness during the day.



### Step 6

**Creating an environment for good sleep is also important.**

A relaxation method that works for you will prepare your body and mind for sleep.

Creating the right environment to suit your sleep needs.

**Step 7**

**Younger generations should avoid staying up late and maintain the circadian rhythm of their body clock.**

Children need to keep a regular routine.  
Staying in bed late on the weekends results in a tendency to stay up late at night.  
When you wake up in the morning, let the sunlight in.  
Staying up late is bad for sleep.

**Step 8**

**Working generations need a good night's sleep every day to recover from fatigue and increase efficiency.**

Drowsiness during the day is a sign of lack of sleep.  
Lack of sleep results in a decrease in work efficiency.  
Lack of sleep accumulates, and it takes longer to recover.  
Overcome sleepiness and improve efficiency with a short afternoon nap.

**Step 9**

**Older generations should have a good morning and evening routine. Good sleep with moderate exercise during the day.**

Spending too long in bed reduces the feeling of a good night's sleep.  
Develop a habit of not exceeding the appropriate amount of sleep for your age.  
Moderate exercise promotes sleep.

**Step 10**

**Go to bed when you feel sleepy, and don't delay the time you get up.**

Go to bed when you want to sleep, and don't be too nervous about bedtime.  
The more you try to sleep, the more awake you become and the less likely you will fall asleep.  
If you're not sleeping well, you should try actively go to bed late and waking up early.

**Step 11**

**Be careful of unusual sleep.**

Be careful of severe snoring, respiratory stoppage, twitching and tingling in the hands and feet, and teeth grinding during sleep.  
Talk to a professional if you have trouble falling asleep or dozing off during the day.

**Step 12**

**Don't suffer from sleeplessness; don't dwell on the pain. Seek professional help.**

Seeking professional help is the first step.  
Use medicines under the direction of a doctor.



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

5-minute self-check for workplace stress

<http://kokoro.mhlw.go.jp/check/assets/img/title.png>

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"

<http://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"

[http://kokoro.mhlw.go.jp/e\\_transaction/](http://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.

## &lt;Life Line&gt;

## 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**

## Navi Dial Reception Center

Hokkaido Life Line	Aomori Life Line	Nagano Life Line
Tochigi Life Line	Chiba Life Line	Shizuoka Life Line
Hamamatsu Life Line	Gifu Life Line	Nagoya Life Line
Mie Life Line	Nara Life Line	Shimane Life Line
Kagawa Life Line	Kochi Life Line	Kagoshima Life Line

## Toll-free number

\* The 10th day of every month

The Life Line offers a toll-free telephone counseling service on the 10th day of each month.

**0120-783-556**

From 8:00 a.m. on the 10th day of each month until 8:00 a.m. the following day

Prefecture	Name	Phone number	Reception time	Prefecture	Name	Phone number	Reception time			
Hokkaido	Asahikawa Life Line	0166-23-4343	Mon.-Thu. 9:00 - 15:30	Gifu	Gifu Life Line	058-277-4343	Sun. - Thu. 19:00 - 22:00			
	Hokkaido Life Line	011-231-4343	Fri., Sat., Sun. and hol., 24 hours		Nagoya Life Line	052-931-4343	Fri. - Sat. 19:00 - 22:00 (the following day)			
	Aomori	Aomori Life Line	0172-33-7830	24 hours	Aichi	Mie Life Line	059-221-2525	24 hours		
Akita	Akita Life Line	018-865-4343	12:00 - 21:00	Mie	Mie Life Line	059-221-2525	18:00 - 23:00			
Iwate	Morioka Life Line	019-654-7575	Mon. - Fri. 12:00 - 21:00	Shiga	Shiga Life Line	077-553-7387	Fri. - Sun. 10:00 - 22:00			
			Sat, Sun. and hol. 12:00 - 17:00		Kyoto	Kyoto Life Line	075-864-4343	24 hours		
			Mon. - Sat. 12:00 - 21:00	Nara	Nara Life Line	0742-35-1000	24 hours			
Miyagi	Sendai Life Line	022-718-4343	Sun. 12:00 - 18:00	Osaka	Kansai Life Line	06-6309-1121	24 hours			
Yamagata	Yamagata Life Line	023-645-4343	24 hours	Hyogo	Kobe Life Line	078-371-4343	Weekdays 8:30 - 20:30			
Fukushima	Fukushima Life Line	024-536-4343	13:00 - 22:00				Sun./hol. 8:30 - 16:00			
Niigata	Niigata Life Line	025-288-4343	10:00 - 22:00				Sat., 2nd and 4th Fri.			
			3rd Sat., 24 hours				8:30 - 8:30 (the following day)			
			24 hours				Sat., 2nd and 4th (when Friday is a holiday)			
Nagano	Nagano Life Line	026-223-4343	11:00 - 22:00							8:30 - 16:00
	Matsumoto Life Line	0263-29-1414	11:00 - 22:00							20:30 - 8:30 (the following day)
Gunma	Gunma Life Line	027-221-0783	9:00 - 24:00							
Tochigi	Gunma Life Line	027-221-0783	2nd and 4th Fri., 24 hours	Harima Life Line	079-222-4343	14:00 - 1:00				
	Tochigi Life Line	028-643-7830	24 hours	Wakayama	Wakayama Life Line	073-424-5000	10:00 - 22:00			
	Ashikaga Life Line	0284-44-0783	15:00 - 21:00	Tottori	Tottori Life Line	0857-21-4343	12:00 - 21:00			
Ibaraki	Ibaraki Life Line	029-855-1000	24 hours	Shimane	Shimane Life Line	0852-26-7575	Mon. - Fri. 9:00 - 22:00			
	Ibaraki Life Line, Mito	029-350-1000			Sat. 9:00 - 22:00 (Open every Saturday)					
Saitama	Saitama Life Line	048-645-4343	24 hours	Okayama	Okayama Life Line	086-245-4343	24 hours			
Chiba	Chiba Life Line	043-227-3900	24 hours	Hiroshima	Hiroshima Life Line	082-221-4343	24 hours			
Tokyo	Tokyo Life Line	03-3264-4343	24 hours	Yamaguchi	Yamaguchi Life Line	0836-22-4343	16:30 - 22:30			
	Tokyo Tama Life Line	042-327-4343	10:00 - 21:00	Kagawa	Kagawa Life Line	087-833-7830	24 hours			
			3rd Fri., 10:00 a.m. - Sun. - 21:00		FAX: 087-861-4343					
	Tokyo English Life Line (TELL)	03-5774-0992	9:00 - 23:00 (English only)	Ehime	Ehime Life Line	089-958-1111	12:00 - 24:00			
Kanagawa	Kawasaki Life Line	044-733-4343	24 hours	Kochi	Kochi Life Line	088-824-6300	9:00 - 21:00			
	Yokohama Life Line	045-335-4343 (Japanese)	Japanese: 24 hours	Fukuoka	Kitakyushu Life Line	093-653-4343	24 hours			
		045-336-2477 (Spanish)	Spanish • Portuguese:		Fukuoka Life Line	092-741-4343	24 hours			
			045-336-2488 (Portuguese)	Wed. 10:00 - 21:00	Saga	Saga Life Line	0952-34-4343	24 hours		
Yamanashi			Fri. 19:00 - 21:00	Nagasaki	Nagasaki Life Line	095-842-4343	9:00 - 22:00			
			Sat. 12:00 - 21:00		1st and 3rd Sat. 24 hours					
		Yamanashi Life Line	055-221-4343	Tue. - Sat., 16:00 - 22:00	Kumamoto	Kumamoto Life Line	096-353-4343	24 hours		
Shizuoka	Shizuoka Life Line	054-272-4343	12:00 - 21:00	Oita	Oita Life Line	097-536-4343	24 hours			
	Hamamatsu Life Line	053-473-6222	Sun. - Tue., hol., 10:00 - 22:00	Kagoshima	Kagoshima Life Line	099-250-7000	24 hours			
			Wed. - Sat. 10:00 - 24:00	Okinawa	Okinawa Life Line	098-888-4343	10:00 - 23:00			
			2nd and 4th Sat., 24 hours							
			Portuguese: Every Fri.							



## <Mental Health and Welfare Center>

	Center name	Phone number		Center name	Phone number
Hokkaido	Mental Health and Welfare Center, Hokkaido Prefecture	011-864-7121		Mental Health and Welfare Center, Shiga Prefecture	077-567-5010
	Sapporo Mental Center	011-622-0556		Mental Health and Welfare General Center, Kyoto Prefecture	075-641-1810
Tohoku	Mental Health and Welfare Center, Aomori Prefecture	017-787-3951	Kinki	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	0229-23-0302		Mental Health Center, Osaka City (Counseling services for families grieving a suicide death)	06-6922-8520
	Mental Health and Welfare General Center, Sendai City (Heart Port Sendai)	022-265-2191		Mental Health Center, Osaka City (Phone counseling services for mental health)	06-6923-0936
	Mental Health and Welfare Center, Akita Prefecture	018-831-3946		Mental Health Center, Sakai City	072-245-9192
	Mental Health and Welfare Center, Yamagata Prefecture	023-624-1217		Mental Health and Welfare Center, Hyogo Prefecture	078-252-4980
	Mental Health and Welfare Center, Fukushima Prefecture	024-535-3556		Mental Health and Welfare Center, Kobe City	078-371-1900
Kanto/Koshinetsu	Mental Health and Welfare Center, Ibaraki Prefecture	029-243-2870		Mental Health and Welfare Center, Nara Prefecture	0744-47-2251
	Mental Health and Welfare Center, Tochigi Prefecture	028-673-8785		Mental Health and Welfare Center, Wakayama Prefecture	073-435-5194
	Mental Health Center, Gunma Prefecture	027-263-1166		Mental Health and Welfare Center, Tottori Prefecture	0857-21-3031
	Mental Health and Welfare Center, Saitama Prefecture	048-723-3333		Mental and Body Consultation Center, Shimane Prefecture	0852-32-5905
	Mental Health Center, Saitama City	048-762-8548		Mental Health and Welfare Center, Okayama Prefecture	086-201-0850
	Mental Health and Welfare Center, Chiba Prefecture	043-263-3891		Mental Health Center, Okayama City	086-803-1273
	Mental Health Center, Chiba City	043-204-1582	Chugoku/Shikoku	General Mental Health and Welfare Center, Hiroshima Prefecture	082-884-1051
	Chubu General Mental Health and Welfare Center, Tokyo	03-3302-7575		Mental Health and Welfare Center, Hiroshima City	082-245-7746
	Tama General Mental Health and Welfare Center, Tokyo	042-376-1111		Mental Health and Welfare Center, Yamaguchi Prefecture	083-902-2672
	Mental Health and Welfare Center, Tokyo	03-3844-2212		Mental Health and Welfare Center, Tokushima Prefecture	088-625-0610
	Mental Health and Welfare Center, Kanagawa Prefecture	045-821-8822		Mental Health and Welfare Center, Kagawa Prefecture	087-804-5565
	Mental Health Consultation Center, Yokohama City	045-671-4455		Mental and Body Health Center, Ehime Prefecture	089-911-3880
	Mental Health and Welfare Center, Kawasaki City	044-200-3195		Mental Health and Welfare Center, Kochi Prefecture	088-821-4966
	Mental Health and Welfare Center, Sagami-hara City	042-769-9818	Kyushu/Okinawa	Mental Health and Welfare Center, Fukuoka Prefecture	092-582-7500
	Mental Health and Welfare Center, Niigata Prefecture	025-280-0111		Mental Health and Welfare Center, Kitakyushu City	093-522-8729
	Mental Health Center, Niigata City	025-232-5551		Mental Health and Welfare Center, Fukuoka City	092-737-8825
	Mental Health and Welfare Center, Yamanashi Prefecture	055-254-8644		Mental Health and Welfare Center, Saga Prefecture	0952-73-5060
	Mental Health and Welfare Center, Nagano Prefecture	026-227-1810		Children, Women, and Disabled Persons Support Center, Nagasaki Mental Health and Welfare Division, Disability Support Department	095-844-5132
Chubu/Hokuriku	Mental Health and Welfare Center, Gifu Prefecture	058-231-9724		Mental Health and Welfare Center, Kumamoto Prefecture	096-386-1255
	Mental Health and Welfare Center, Shizuoka Prefecture	054-286-9245		Mental Health Center, Kumamoto City	096-366-1171
	Mental Health Center, Shizuoka City	054-262-3011		Mental Health and Welfare Center, Oita Prefecture	097-541-5276
	Mental Health and Welfare Center, Hamamatsu City	053-457-2709		Mental Health and Welfare Center, Miyazaki Prefecture	0985-27-5663
	Mental Health and Welfare Center, Aichi Prefecture	052-962-5377		Mental Health and Welfare Center, Kagoshima Prefecture	099-218-4755
	Mental Health and Welfare Center, Nagoya City	052-483-2095		General Mental Health and Welfare Center, Okinawa Prefecture	098-888-1443
	Mental Health Center, Mie Prefecture	059-223-5241			
	Mental Health Center, Toyama Prefecture	076-428-1511			
	Mental Health Center, Ishikawa Prefecture	076-238-5761			
	Mental Health and Welfare Center, Fukui Prefecture	0776-24-5135			

## Contact List

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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