

1 in 5 people suffer from mental illness. Mental illness increases during adolescence.

Mental health problems are more common among secondary school and university students.

It is important to know what to do if you or your friends are struggling with mental health problems.

Specifically, it is important to .....

- ① Understand the stages of how mental health can be affected
- ② Know what to do at each stage

If you have any concerns regarding the mental health of yourself or others, take a look inside this pamphlet !

### On-campus resources

(Please check websites for operating hours and information on how to use services)

■ **Office for Mental Health Support**  
(Psychiatry Clinic, Health Service Center)  
H o n g o : 03-5841-2578  
K o m a b a : 03-5454-6167  
K a s h i w a : 04-7136-3040



■ **Student Counseling Center**  
H o n g o : 03-5841-2516  
K o m a b a : 03-5454-6186  
K a s h i w a : 04-7136-3714



■ **General Consultation Unit**  
H o n g o : 03-5841-7867 / 0786



■ **International Student Support Room**  
Services available in English/  
Chinese/Japanese



### Off-campus resources for multilingual consultations

(Please check websites for details)

■ **Yoriso Hotline**  
Helpline available in multiple languages  
0120-279-338 #2



■ **Tokyo English LifeLine (TELL)**  
03-5774-0992  
By telephone or chat



■ **Tokyo Youth Comprehensive Consultation Center "WAKA-Navi α"**  
By telephone, e-mail, LINE, or in person



### Medical Institution Guidance Service

■ **AMDA Medical Information Center**  
03-6233-9266



■ **Guide for when you are feeling ill (JNTO)**



## Guide for Maintenance of Good Mental Health

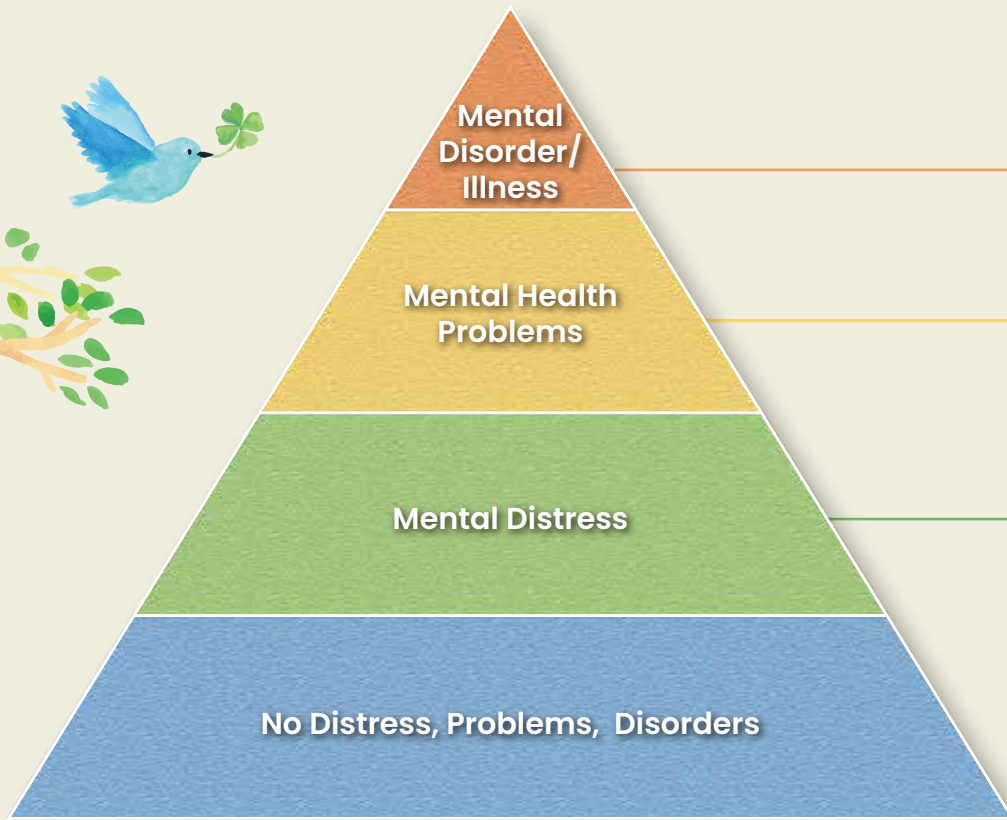
Make the Most of Your Campus Experience!



Center for Research on Counseling and Support Services,  
The University of Tokyo

This pamphlet was published with a grant from Otsuka Pharmaceutical Co.,Ltd.

# The four stages of mental health



Conceptual Diagram of Mental Health\*

\*Source: Kutcher et al. (2017) *Transitions: Making the most of your campus experience*, Createspace Independent Pub

To learn more about stress reactions, coping strategies, and the specific symptoms of mental illness, please see the guidebook published by the Center for Research on Counseling and Support Services.

*A Guide to Mental Health Literacy for University Students* (in Japanese)



## ■ Mental Disorder/Illness

A condition in which you are unable to control your thoughts, moods, and behaviors.

Mental disorder/illness **requires medical treatment.**

⇒ Get effective treatment as soon as possible

### Examples of specific symptoms

In the case of depression :

You may feel sad and depressed for most of the day, over a period that lasts almost every day, for 2 weeks or more.



## ■ Mental Health Problems

A sign that you may be having immense difficulties adjusting to your current situation.

You are under significant stress, but **you do not need medical treatment.**

⇒ Seek help from friends, family, someone you trust, or a counselor

### Examples of difficulties

You may experience difficulties after you have just moved somewhere unfamiliar and are starting a new life, or the period of time after experiencing the death of someone close to you.



## ■ Mental Distress

A sign that the problem causing the distress needs to be resolved.

Everyone experiences mental distress from time to time, and **it does not require medical treatment.**

⇒ Take steps to better understand stress reactions and learn coping strategies

### Examples of stress reactions

**Psychological reactions:**

anxiety, irritability, feeling down, nervousness

**Behavioral reactions:**

crying, social withdrawal, stuttering, avoiding stressful situations

**Physical reactions:**

palpitations, fever, headache, abdominal pain, fatigue

