

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

Mission

By providing high-quality counseling and support services, we help every student, faculty, and staff member of the University of Tokyo reach their full potential and move toward personal fulfillment. We also identify campus issues that emerge from individual interventions and work to address and improve such issues in collaboration with students, faculty, and staff. We aim to give back to the university community and society by sharing the benefits of our counseling and support practices, as well as the results of our related research.

Vision

We strive to create an inclusive and safe community where all University of Tokyo students, faculty, and staff can live authentically while optimizing their physical and mental health.

Values

We conduct our activities with respect for the following values:

- **Respect for the Individual:** We honor the individuality and background of each person, and support their unique life paths.
- **Integrity:** We engage sincerely with users and related parties, striving to build trustful relationships.
- **Diversity:** We recognize and respect the presence of individuals with various values and backgrounds.
- **Equity:** We emphasize equal opportunities for participation and work to correct structural disparities.
- **Inclusion:** We prioritize an inclusive approach where no one is excluded.

Functions and Activities

The Center includes five support units – General Consultation Unit, Student Counseling Center, Office for Mental Health Support, Communication Support Room, International Student Support Unit, and Peer Support Room that promotes mutual support activities among students. Through the activities of each unit, we offer:

- **Individual Support Activities:** Psychological counseling, psychiatric treatment, support for developmental disabilities, consultation services for related parties, international student support, and crisis intervention.
- **Community Support Activities:** Collaboration among on-campus offices, coordination with off-campus resources, preventive education, awareness-raising activities, peer support (outreach programs), training programs for UTokyo members, initiatives to improve the environment, collaboration with student organizations, and policy recommendations to the university executives.

In addition, we conduct research activities to support these practical efforts and disseminate the findings to the campus and society.