

# Free Counseling Spots on Campus (English ver.)

There are places for you when you have daily concerns or mental issues.  
Some spots have English-speaker staff. Do not hesitate to use them.  
(The information below is based on the Dept. economics student handbook.)

## 【When you are not sure where to go】

### General Consultation Unit

You can consult them about anything, such as interpersonal problems, academic concerns, career options, legal problems, romantic relationships, gender identity or sexual orientation. You can also get information on possible on-campus resources.

<https://dcs.adm.u-tokyo.ac.jp/nsc/>

## 【When you are concerned about mental health】

### Student Counseling Center (Hongo Campus)

You can talk and sort out your psychological problems with professional therapist. You can also have an advice on how to deal with other people (as well as problems between you and them) such as your family and friends.

<https://dcs.adm.u-tokyo.ac.jp/scc/>

If you have specific psychological problems such as insomnia and depressed feelings, you are recommended to visit the **Office for Mental Health Support**.

<https://dcs.adm.u-tokyo.ac.jp/mhs/>

## 【Support for international students】

### International Student Support Room

You can consult them on any daily concerns in English. They help international students to get used to the environment and have a better university life.

<https://www.u-tokyo.ac.jp/adm/inbound/ja/support-issr.html>

➡ If you have questions on office procedures or financial supports, please visit “For International Students - Notice”.

<https://www.student.e.u-tokyo.ac.jp/is/info.html#>

## 【Professional Support recourses】

### Communication Support Room

You can consult them on concerns in interpersonal communication, and your trait including differences between you and others or problems in attention regulation.

<https://dcs.adm.u-tokyo.ac.jp/csr/>

### Career Support Center

If you are having trouble with job hunting, then visit here. They offer various resources to support your decision-making on career choice.

<https://www.careersupport.adm.u-tokyo.ac.jp/>

Here is Us.  
We will refer you to a proper resource if needed.

Student Support Room  
(Graduate School/Faculty of Economics)