

I can't talk to anyone close to me.

I'm struggling in my relationships with friends and family.

I can't go to university. I'm scared to meet and talk to people.

I'm worried about my studies and career path.

It is hard to live.

I want to take time off from university but I'm worried. I want to return to university, but I'm scared.

I'm having problems in my private life.

I can't tell people how I feel. I find it hard to speak in front of other people.

I'm in trouble or have been victimized.

I can't sleep. I don't feel like doing anything.

Student Wellness Support Center

STUDENT COUNSELING ROOM GUIDE

At Tohoku Gakuin University, we have a **Student Counseling Room** that helps students with their university lives. Please feel free to contact us if there is anything you want to talk about.

Talk to a counseling professional:

- ! Everything you say is completely confidential
- ! All counseling is free of charge



TOHOKU GAKUIN UNIVERSITY



Please contact us about any problems you have.

The Student Counseling Room supports your university life. If necessary, we work together with mental health professionals such as psychiatrists and other specialists.

We will only share information with these professionals with your consent. We also provide consultation to families of students and university staff on matters related to students.

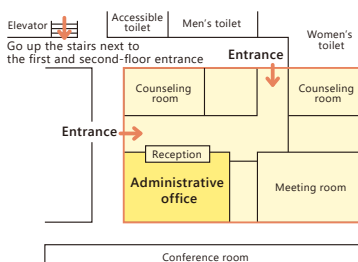
HOW TO GET SUPPORT

You can receive support from the Student Counseling Room using the following methods:

- 1 Visit our Room,
- 2 Telephone us, or
- 3 Make an appointment online

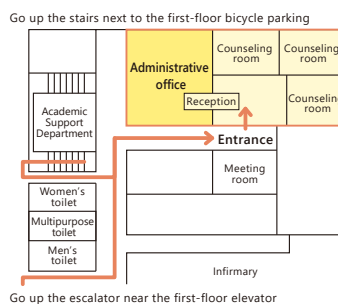
Hours Monday to Friday 9 a.m. to 5 p.m. (closed during the daily worship service)

Tsuchitoi Campus 3rd Floor, No.8 Building



1-3-1 Tsuchitoi, Aoba-ku,
Sendai, Miyagi 980-8511
TEL 022-264-6410

Itsutsubashi Campus 2nd Floor, Lecture Building



3-1 Shimizukoji, Wakabayashi-ku,
Sendai, Miyagi 984-8588
TEL 022-354-8230
Telephone number in the same as
the Student Support Room

Appointment form

After you send the appointment form, the Student Counseling Room will confirm the date and time with you by telephone or by email.

To make an appointment, please access the Google Form using the QR code below:



Note: To insure that we can assist you in a timely fashion, be sure to make an appointment in advance.

If you are in urgent need of assistance, please telephone us or visit the Student Counseling Room in person.

Counseling is provided in Japanese only.