

# A Guide to Health Service Center

Welcome to Hiroshima University.

We support your healthy life.

Get to know about Health Service Center  
and make good use of our services.

# 1. Health Service Center is...

- a university-wide health support center for every registered student and staff of Hiroshima University.
- working to prevent disease and promote health.
- composed of specialists such as doctors (internists, psychiatrists), nurses, a radiological technician, clinical psychologists and so on.

# 3 sections on 3 campuses

## Health Service Center

### Medical Section

(Internal Medicine)  
(Public Health)

### Mental Health Section

( Psychiatry )

### Counseling Section

(Psychological  
Counseling)

Higashi-Hiroshima Campus

Kasumi Branch

Kasumi Campus

Higashi-Senda Branch

Higashi-Senda Campus

## 2. About our services

- Consultation on internal medicine
- Physical / Public health consultation
- First aid
- Dental/ Gynecological/ Urological consultation\*
- Health Checkup
- Issuance of health certificate
- Consultation on mental health \*
- Counseling for students \* [\* appointment is required ]

## ■ Consultation on internal medicine

### Medical Section

- You can consult an internist when you feel bad because of a cold, diarrhea, etc., during consultation hours.
- We may not be able to handle some diseases.
- If necessary, the internist will provide information of outside medical institution.

## ■ First aid

### Medical Section

- You can receive first aid when you get hurt.
- In case of emergency, you can receive medical care during the office hours.
- If needed, the internist will provide information of outside medical specialists.

## ■ Dental/ Gynecological/ Urological consultation

### Medical Section

- You have a chance to consult a dentist, a female gynecologist or a urologist. [\* appointment is required ]
- Dental / Urological consultation are offered at HSC (Health Service Center : Higashi-Hiroshima campus), and Gynecological consultation is at HSC and Kasumi branch.
- These consultations are not available every week.

<https://home.hiroshima-u.ac.jp/health/>

# Health Checkup

## Medical section

### Health Checkup for NEW students

NEW Students **MUST** get the health checkup.

### Periodic Health Checkup

Every student **MUST** get the checkup in April (May) every year. This checkup is only offered once a year and you have to check the schedule by yourself !

<https://home.hiroshima-u.ac.jp/health/>



## ■ Issuance of Health Certificate

### Medical Section

- A health certificate is required in several situations such as scholarship applications, job applications, etc..
- HSC issues a health certificate to you after you finish your health checkup.
- You can also get a certificate in English at Medical Section on each campus.

**A health certificate is ONLY issued to those who have taken the health checkup of that year.**

# Office hours and Consultation hours of Medical Section

## ◆ HSC Medical Section (Higashi-Hiroshima Campus)

Office hours: Mon-Fri 8:30~17:15

Consultation hours: Mon-Fri 9:00~10:45, 12:15~15:00

## ◆ Kasumi Branch (Kasumi Campus)

Office hours: Mon-Fri 8:45~17:00

Consultation hours: Mon 9:00~10:45, 12:15~15:00

Thu 9:00~10:45, 16:00~16:30

## ◆ Higashi-Senda Branch (Higashi-Senda Campus)

Office hours: Mon, Tue, Thu, Fri 9:45~21:10

Wed 13:30~21:10

Consultation hours: Wed 18:30~19:30

# Contact Information of Medical Section

**Medical Section's e-mail** (available for all campuses)

health@hiroshima-u.ac.jp

◆ **HSC Medical Section (Higashi-Hiroshima Campus)**

TEL 082-424-6192

◆ **Kasumi Branch (Kasumi Campus)**

TEL 082-257-5096

◆ **Higashi-Senda Branch (Higashi-Senda Campus)**

TEL 082-542-6970

## ■ Consultation on mental health

### Mental Health Section

- You can consult a psychiatrist about your mental state, for example, feeling depressed, not sleeping well, getting tense too much in social life and so on.
- If necessary, you will get a referral to an outside medical institution.

# Office hours of Mental Health Section

(An appointment is required for consultation)

(※ available hours might be changed by events)

## ◆ Mental Health Section (Higashi-Hiroshima Campus)

Mon-Fri 9:00~12:00, 13:00~17:00

## ◆ Kasumi Branch (Kasumi Campus)

Mon, Wed, Fri 9:00~12:00, 13:00~16:00

Tue 12:00~15:00

## ◆ Higashi-Senda Branch (Higashi-Senda Campus)

Tue 16:00~18:00

# Contact Information of Mental Health Section

**Mental Health Section's e-mail** (available for all campuses)

mental@hiroshima-u.ac.jp

**intake for international students**

✂ For first-time contact, email is preferred.

rcounsel@hiroshima-u.ac.jp

◆ **HSC Mental Health Section (Higashi-Hiroshima Campus)**

TEL 082-424-6186

◆ **Kasumi Branch (Kasumi Campus)**

TEL 082-257-5096

◆ **Higashi-Senda Branch (Higashi-Senda Campus)**

TEL 082-542-6970

## ■ Psychological Counseling

### Counseling Section

- You can consult a counselor (clinical psychologist) about your concerns about study, future career path, interpersonal relations, your personality, etc..
- If necessary, a counselor cooperates with a psychiatrist in order to support you.
- International students can consult a counselor in English or Japanese.

# Office hours of Counseling Section

(An appointment is required for counseling)

(※ available hours might be changed by events)

## ◆ Counseling Section (Higashi-Hiroshima Campus)

(Japanese) Mon-Fri, 9:00-12:00, 13:00-17:00

(International) Mon, Tue, Wed, Fri, 9:00-12:00, 13:00-17:00

## ◆ Kasumi Branch (Kasumi Campus)

(Japanese) Wed, Thu, 9:00-12:00, 13:00-17:00

(International) Fri, 9:00-12:00, 13:00-17:00

## ◆ Higashi-Senda Branch (Higashi-Senda Campus)

(Japanese) Tue, 18:00-21:00, Thu, 19:00-21:00



# Contact Information of Counseling Section

**Counseling Section's e-mail** (available for all campuses)

shinri@hiroshima-u.ac.jp

**for international students**

✕ For first-time contact, email is preferred.

rcounsel@hiroshima-u.ac.jp

◆ **HSC Counseling Section (Higashi-Hiroshima Campus)**

TEL 082-424-6187

◆ **Kasumi Branch (Kasumi Campus)**

TEL 082-257-5096

◆ **Higashi-Senda Branch (Higashi-Senda Campus)**

TEL 082-542-6970

## 3. Student stress

- Starting university can be a stressful experience. For international students, this might include leaving home and moving to a foreign country, meeting new people in a different culture and managing on a tight budget.
- You might find some signs of stress such as
  - irritability
  - sleep problems
  - anxiety
  - depression

# Things that can help with stress

Short periods of stress are normal

and can often be resolved by ...

- completing a task which cuts down your workload
- talking to others (friends, family, tutor, Univ. staff)
- having a more healthy lifestyle (eat well, exercise, get enough sleep, spend some time socializing)

Long-term stress can be difficult to resolve by yourself, and it's often best for you to seek professional help.

# Don't struggle alone, Consult us !

- When you are worried about your health or when you are in trouble in campus life, please feel free to consult us.

<https://home.hiroshima-u.ac.jp/health/>

- Personal information will be kept confidential.
- If you are not sure which section you should consult, email to  
[rcounsel@hiroshima-u.ac.jp](mailto:rcounsel@hiroshima-u.ac.jp)

# HSC Medical Section



**Health Service Center  
(in front of Student Plaza)**

**Office Hours: weekdays 8:30-17:15**

**E-mail: [health@hiroshima-u.ac.jp](mailto:health@hiroshima-u.ac.jp)**

**Tel: 082-424-6192**

# Mental Health & Counseling Section



**Student Plaza 4F**

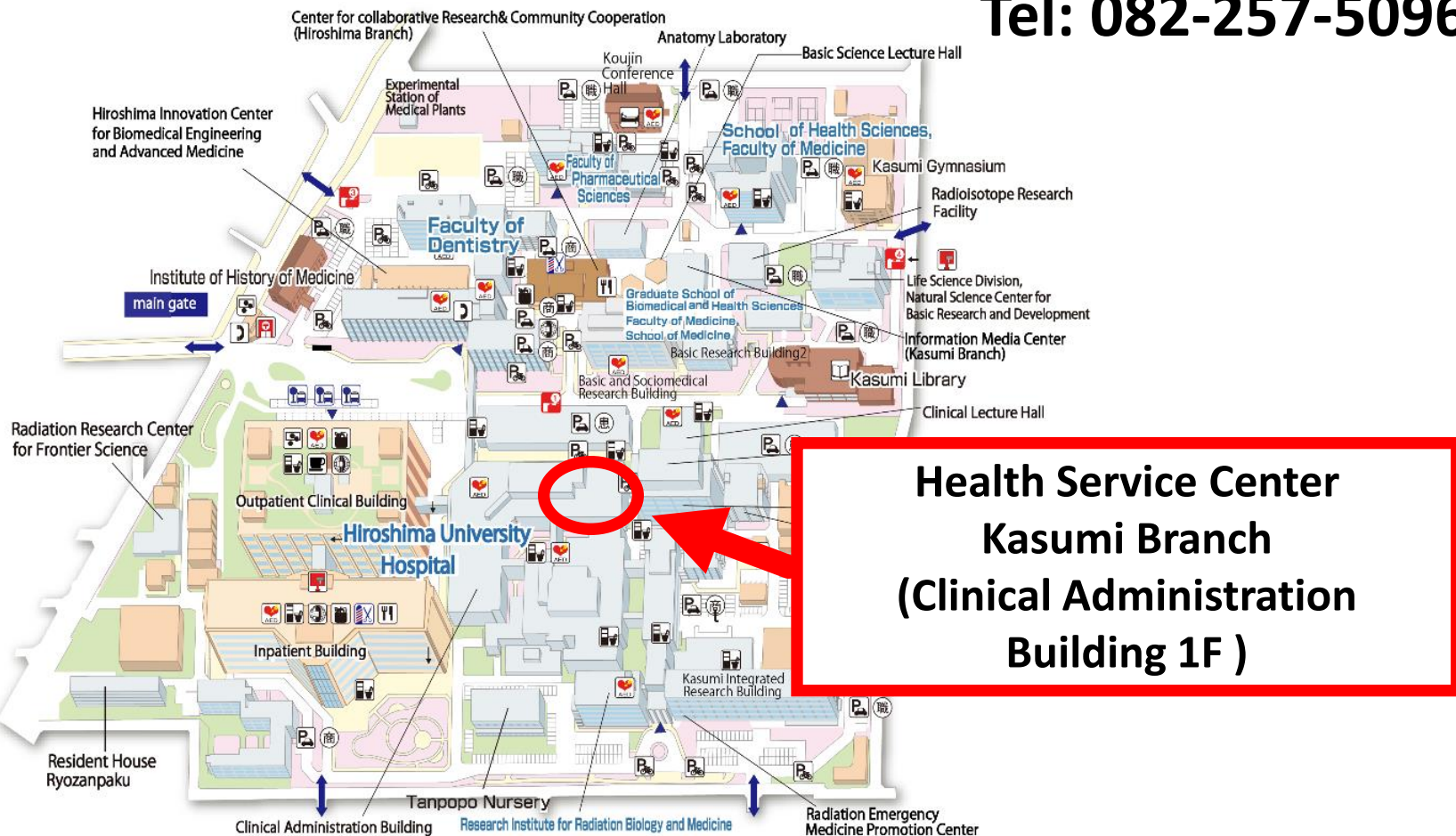
**Office Hours: weekdays 9:00-17:00**



# Health Service Center Kasumi Branch

Office Hours: weekdays 8:45-17:00

Tel: 082-257-5096



# Health Service Center Higashi-Senda Branch

**Office Hours: 9:45-21:10 (Mon Tue Thu Fri)**

**13:45-21:10 (Wed)**

**Tel: 082-542-6970**



**Health Service Center  
Higashi-Senda Branch (1F)**