

Health Service Center Guide

Welcome to our service guide!

We support your healthy life.

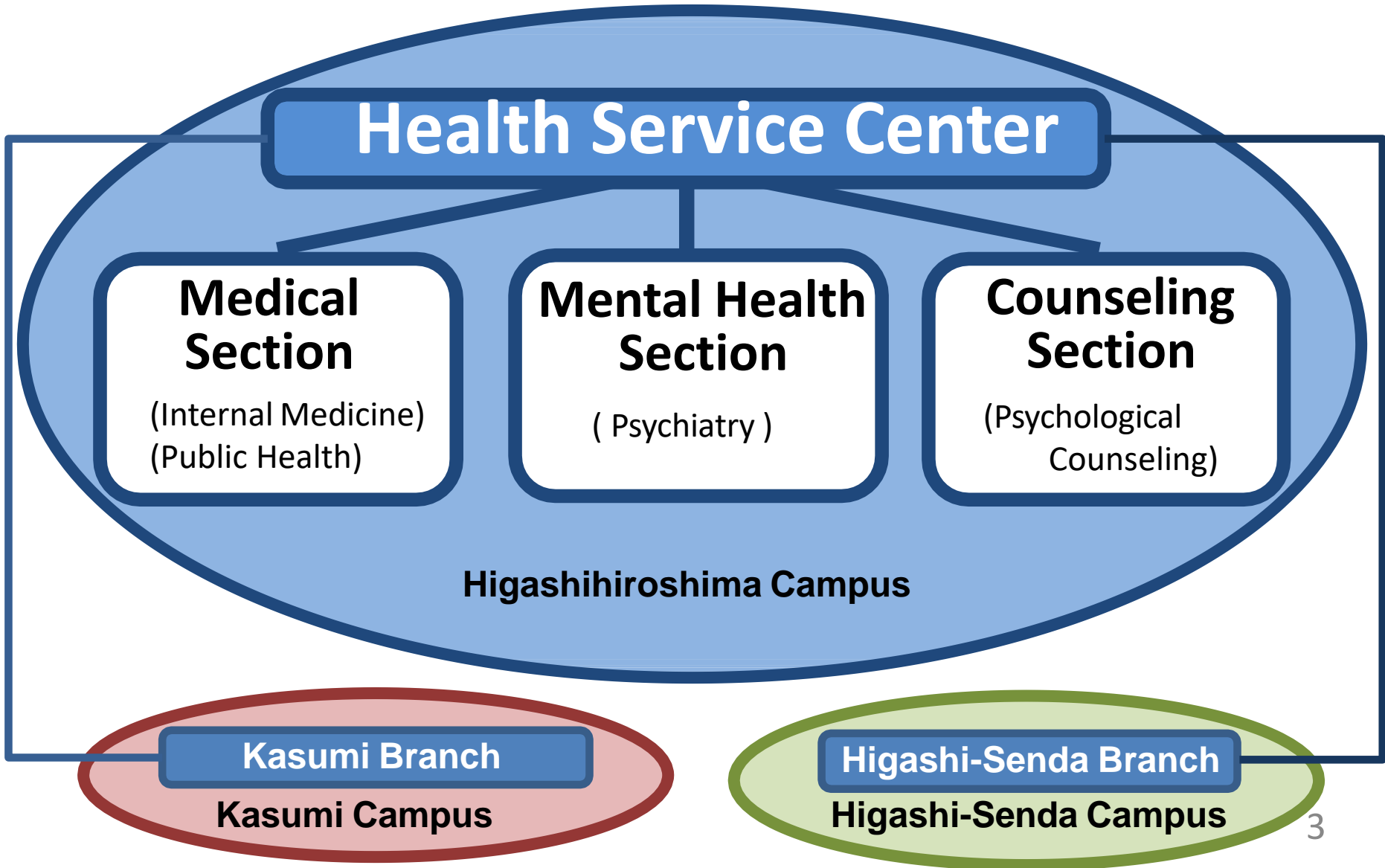
Get to know about Health Service Center
and make good use of our services.



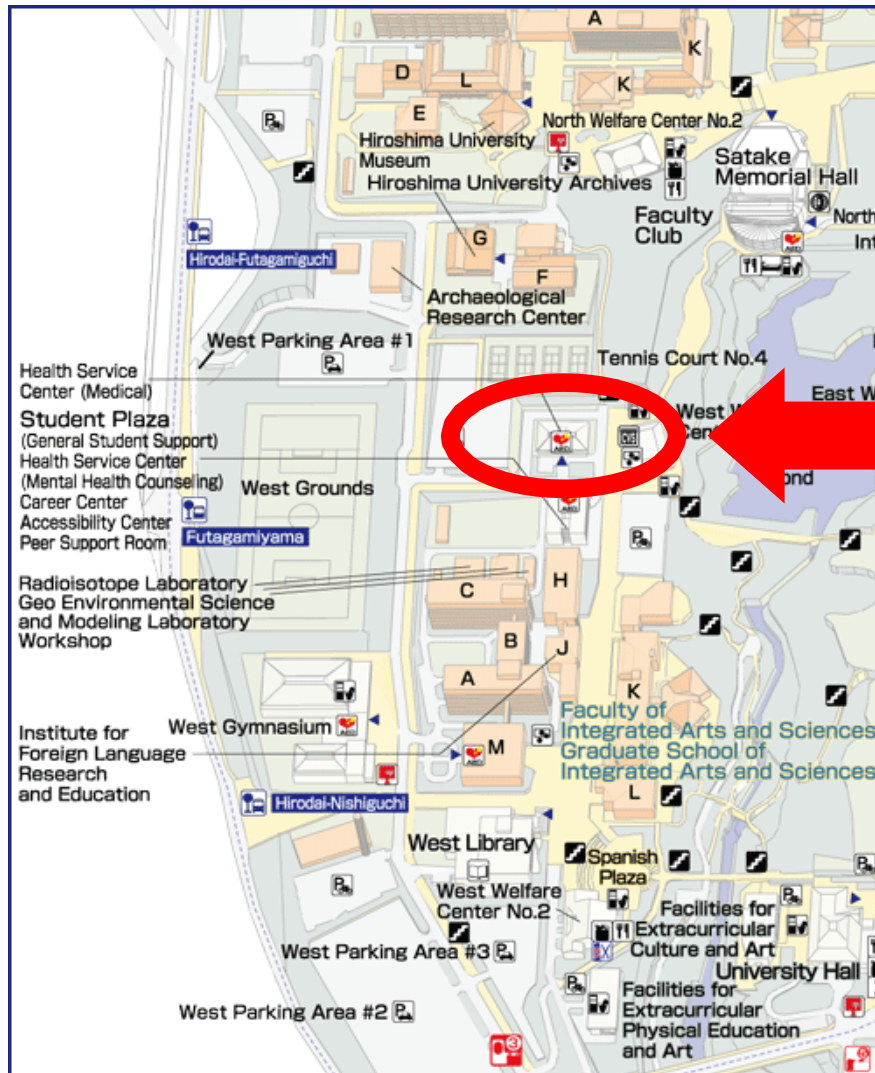
1. Health Service Center is...

- 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 offices on 3 campuses



HSC Medical Section



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

**Office Hours: weekdays 9:00-17:00
Tel: 082-424-6192**

Mental Health & Counseling Section



Student Plaza 4F

Office Hours: weekdays 9:00-17:00

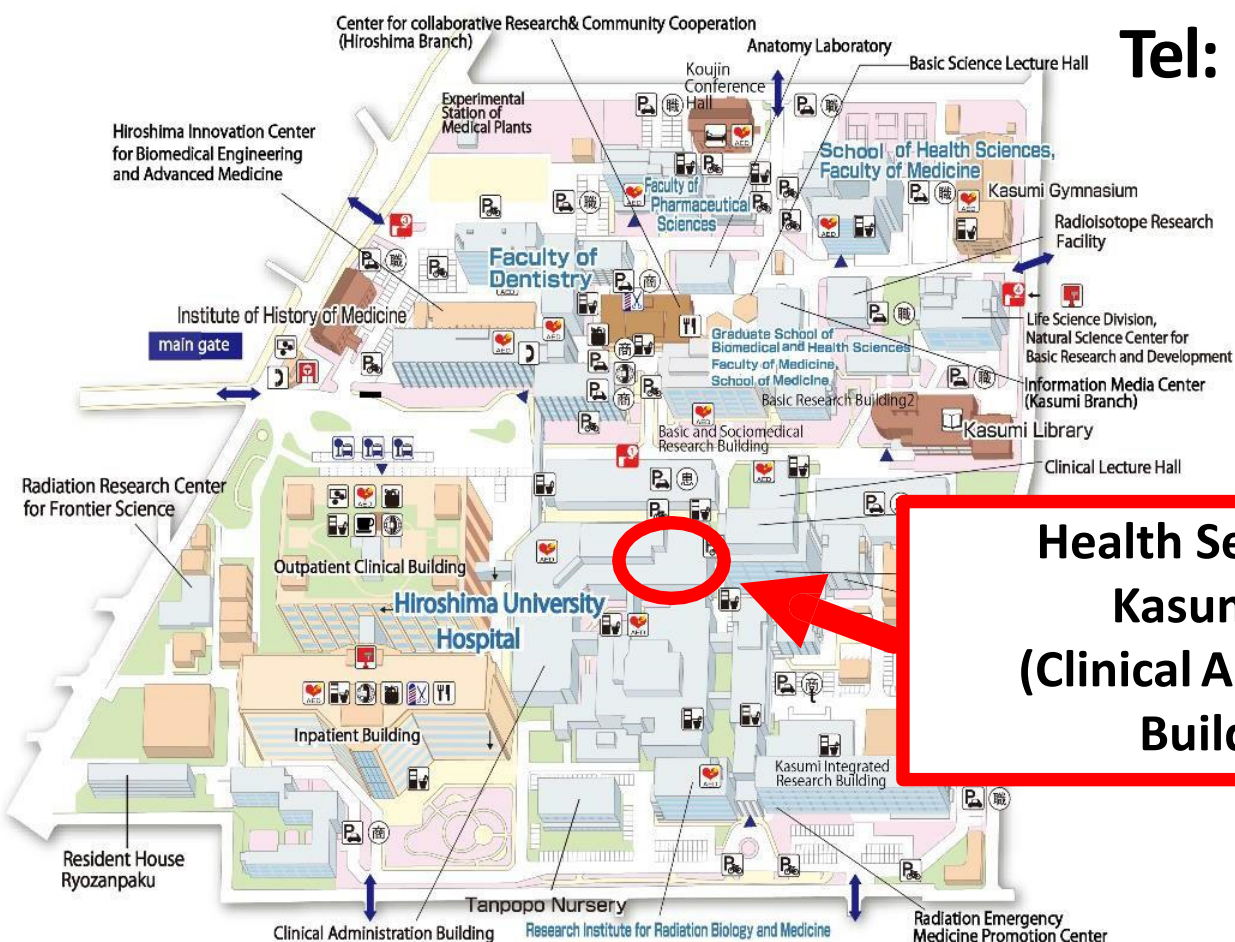
Tel(Mental Health):082-424-6186

(Counseling):082-424-6187

Health Service Center Kasumi Branch

Office Hours: weekdays 9:00-17:15
(First-Aid 8:30-)

Tel: 082-257-5096



**Health Service Center
Kasumi Branch
(Clinical Administration
Building 1F)**

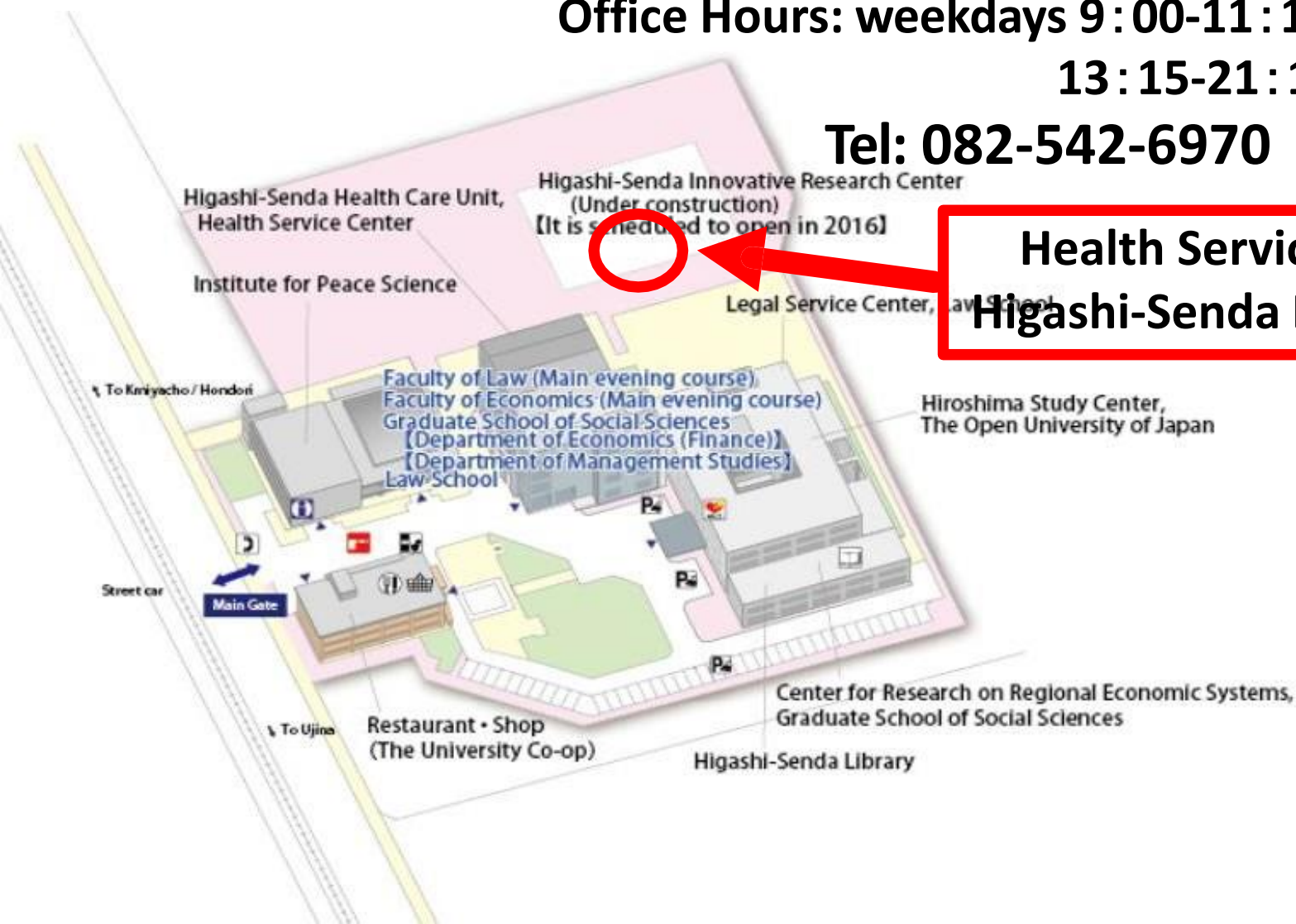
Health Service Center Higashi-Senda Branch

Office Hours: weekdays 9:00-11:15

13:15-21:10

Tel: 082-542-6970

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



2. About our services (Free)

- ✓ Consultation on internal medicine
- ✓ Physical / Public health consultation
- ✓ First aid
- ✓ Health Checkup
- ✓ Issue Health Certificates
- ✓ Consultation on mental health *
- ✓ Counseling for students * [* appointment is required]

■ Consultation on internal medicine

Medical Section

- If you feel unwell, you can consult a doctor of internal medicine during consultation hours.
- General health consultation is also available.
- If necessary, the internist will provide information of outside medical institution.

* The primary role of Health Service Center is consultation and referral.

■ First aid

Medical Section

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

■ Health Checkup

Medical section

□ Health Checkup for NEW students (FREE)

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

You will receive the information from Support Office.

□ Periodic Health Checkup (FREE)

Every student **MUST** get the checkup every year.

This checkup is only offered once a year and the schedule will be listed in Momiji and 学生・職員健康診断の案内・結果/ STUDENT AND STAFF HEALTH CHECKUP section at <https://health.hiroshima-u.ac.jp/>

If you take a health check by yourself at an external institution,
you need to pay the expense and the health insurance will not cover the charge.

■ Issuance of Health Certificate

Medical Section

- A health certificate is required in several situations such as scholarship applications, job applications, etc..
- 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.

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.
- An appointment is required for consultation.
- If necessary, you will get a referral to an outside medical institution.

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 (psychologist) your concerns about study, future career path, interpersonal relations, your personality, etc..
- If necessary, a counselor can cooperate with a psychiatrist for further support.
- International students can consult a counselor in English or Japanese.

Contact Information of Counseling Section

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

rcounsel@hiroshima-u.ac.jp

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

TEL 082-424-6187 (in Japanese)

◆ **Kasumi Branch (Kasumi Campus)**

TEL 082-257-5096 (in Japanese)

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

TEL 082-542-6970 (in Japanese)

3. Stress

- Starting a new academic life often requires time for adjustment. You may find yourself trying too hard to adjust, getting sick easily, or becoming depressed with small matters. As an international student away from home, you may experience many challenges in Japanese culture, new friends from multicultural background, adjusting to new academic learning systems, and living on a limited budget. You may feel isolated because you cannot easily find support and comfort of family, friends, safe place, or stress managing activities that you had in back home.
- At such times, the following signs of stress may appear such as,
 - ☐ irritability ☐ sleep problems ☐ poor concentration
 - ☐ anxiety ☐ depression

Stress Management and Prevention

- Cutting down your workload
- Talking to others friends and family
- Talking to your tutor, staff and teachers
- having a more healthy lifestyle (eat well, exercise, get enough sleep, spend some time socializing)

We are happy to work on the details of your stress management and preventative action plans together. Planning and Consulting/Counseling can be a part of illness prevention that we are promoting it to all university members. If you are experiencing Long-term stress, please consult with us.

We will be happy to be a part of
your supportive system!



Counseling Section

Talk to us

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

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

- Personal information will be kept confidential.
- If you are not sure which section you should consult, email to

rcounsel@hiroshima-u.ac.jp

Please check our website

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

