

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.

<http://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 !

<http://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, Fri, 9:00-12:00, 13:00-17:00
(International) Thu, 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.

<http://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

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

Tel: 082-424-6192

Mental Health & Counseling Section



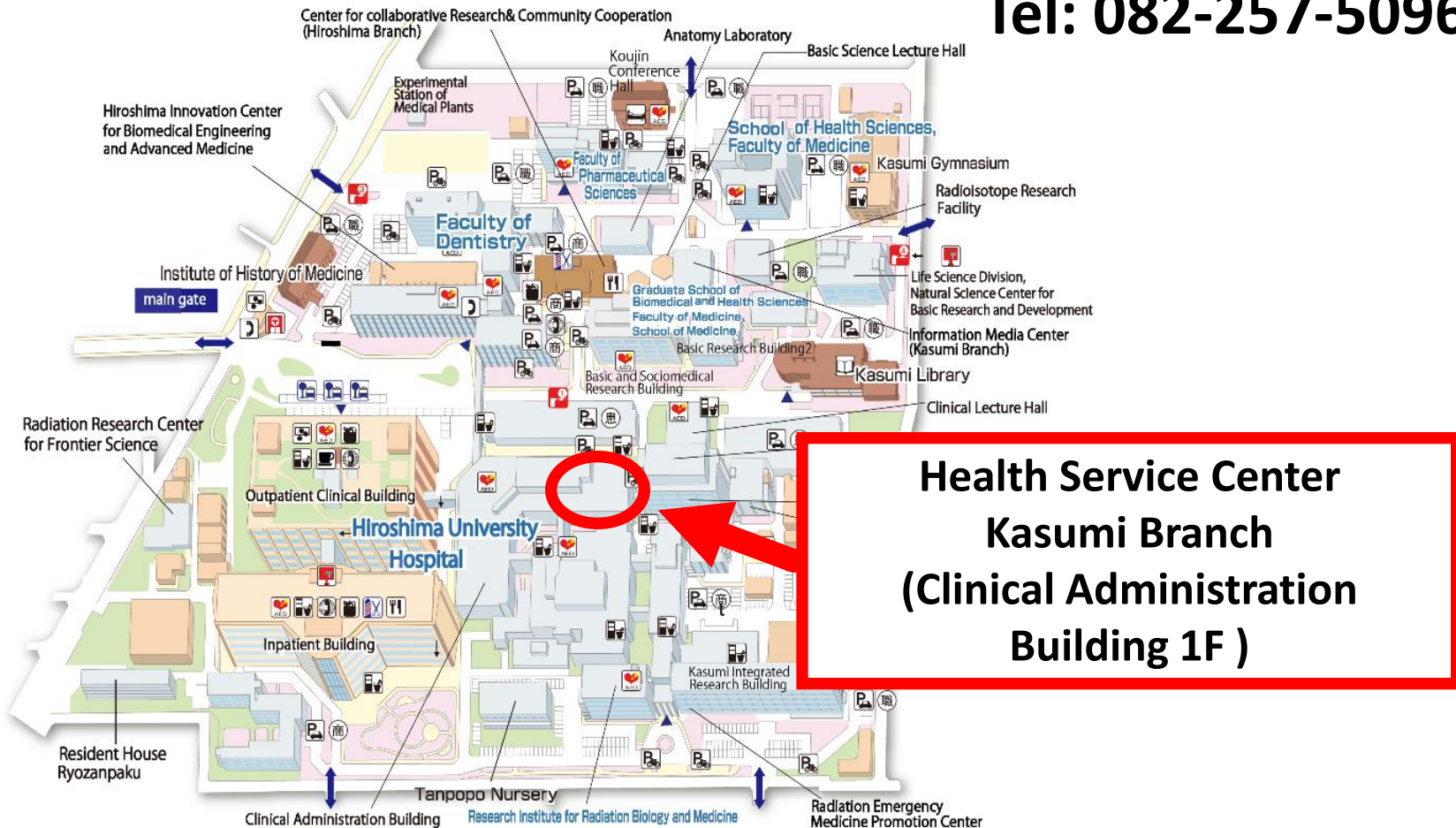
Student Plaza 4F

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)**