

A Guide to Health Service Center

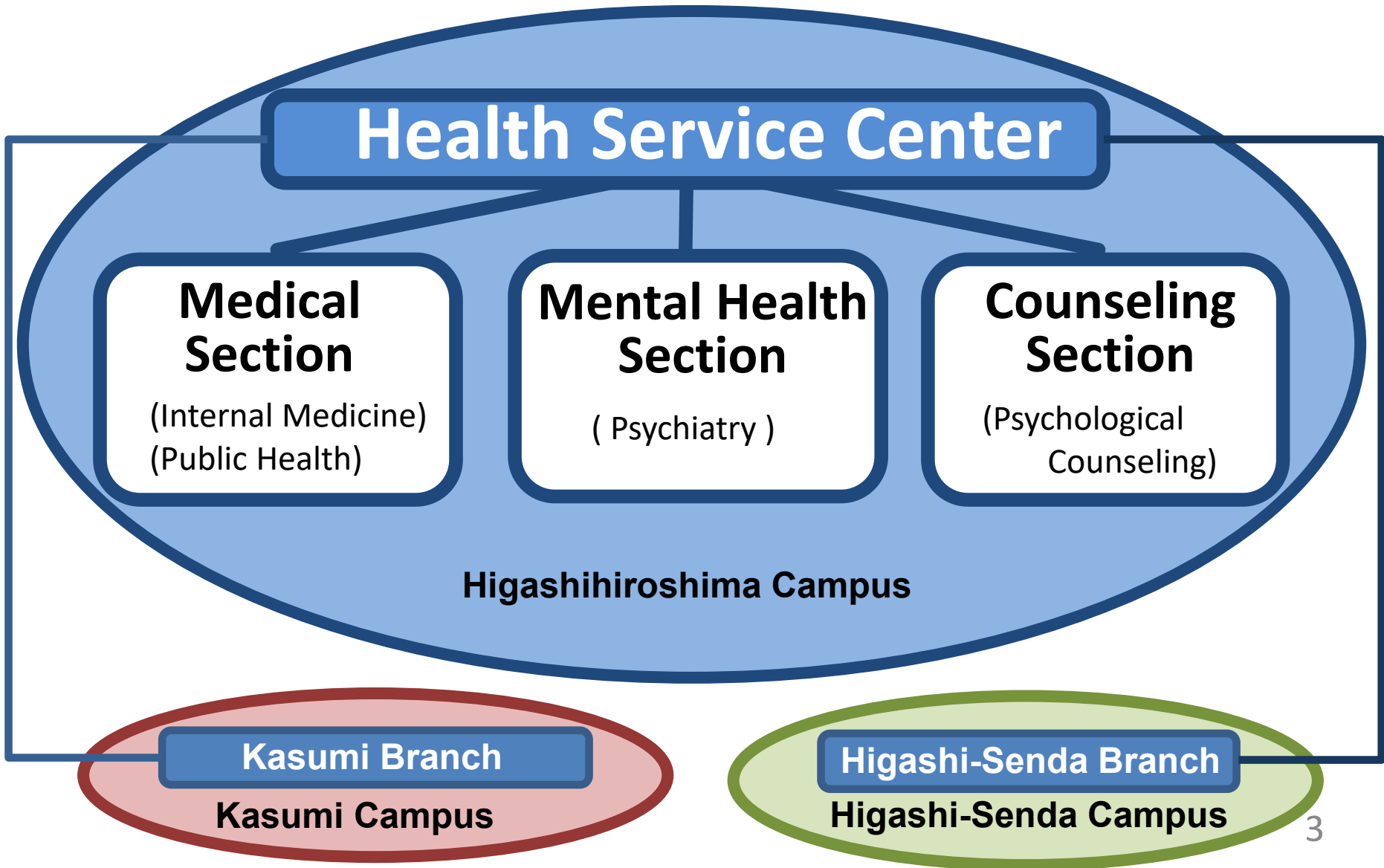
We support your healthy life.

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

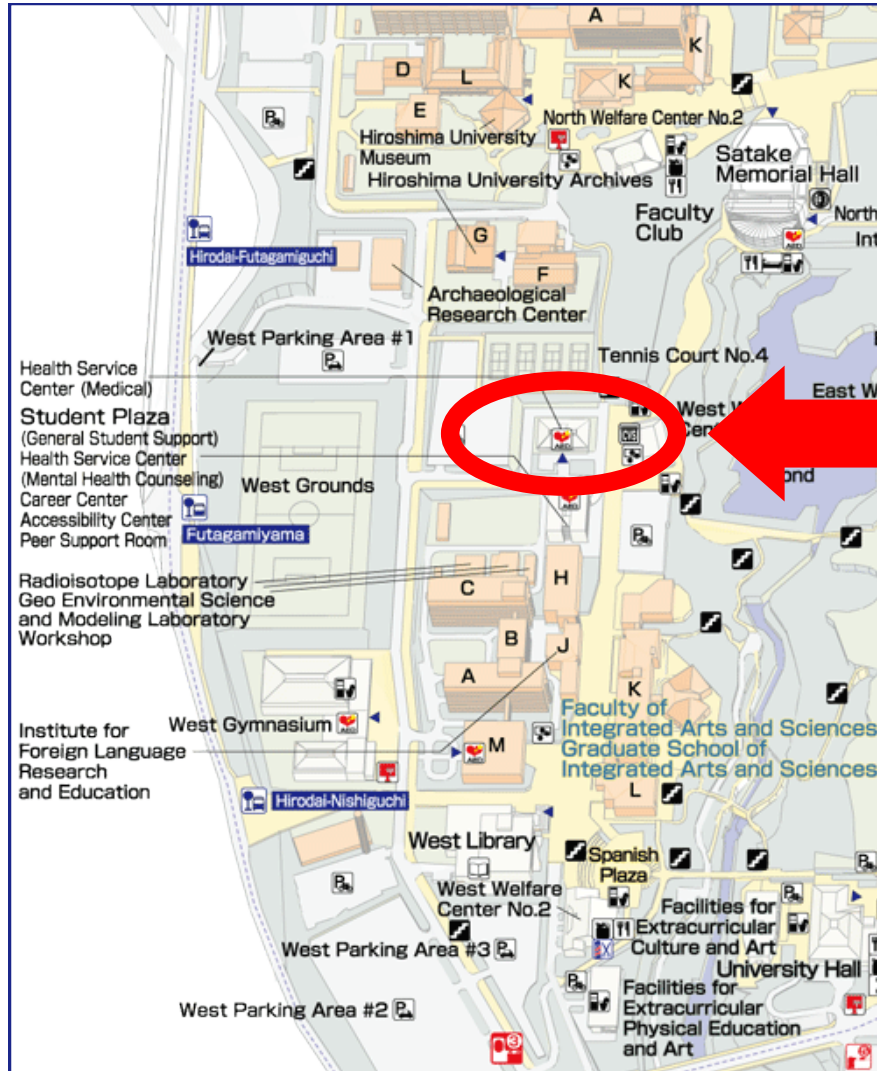
1. Health Service Center is...

- 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 8:30-17:15

Tel: 082-424-6192

Mental Health & Counseling Section



Student Plaza 4F

Office Hours: weekdays 9:00-17:00

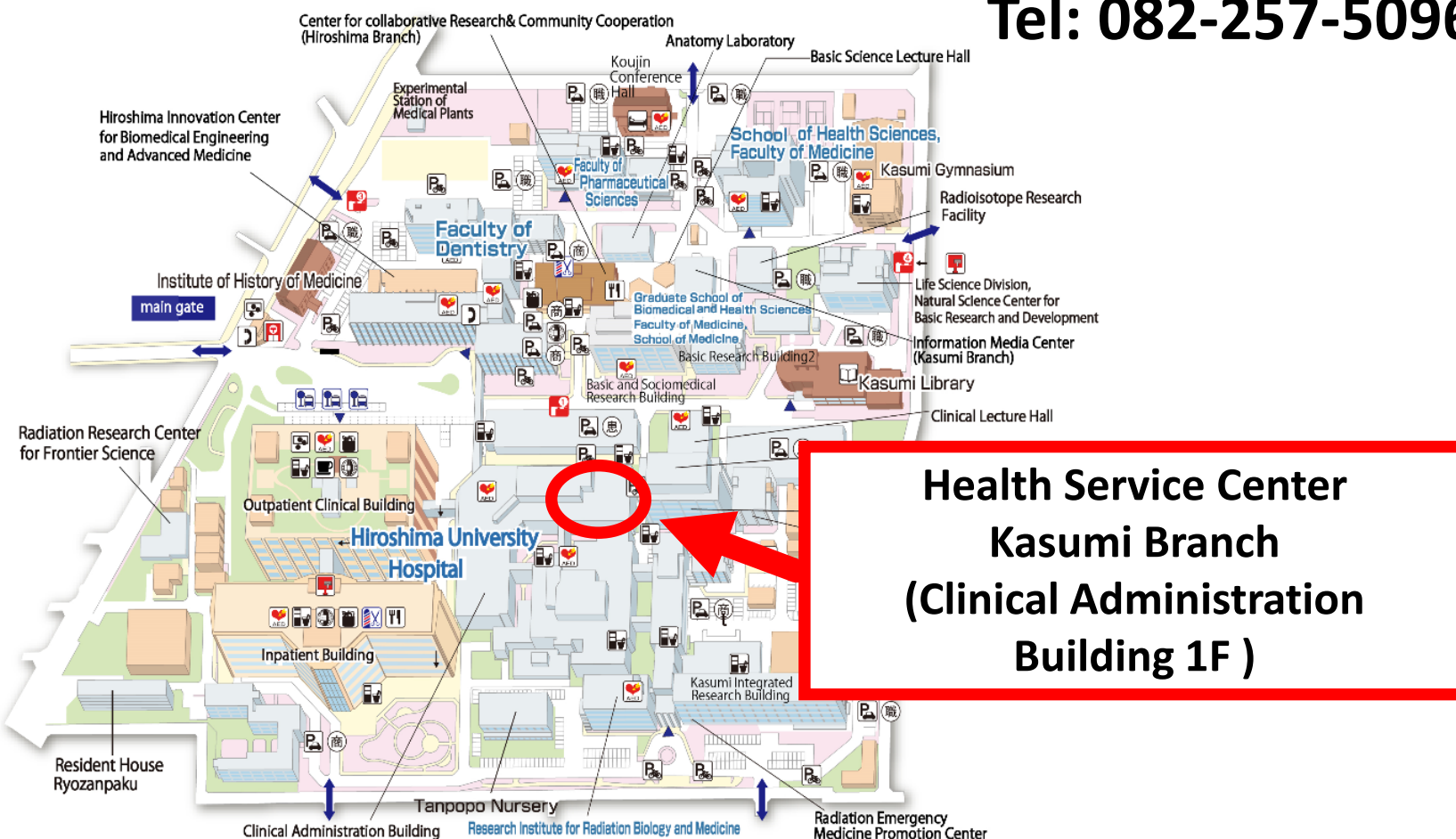
Tel(Mental Health):082-424-6186

(Counseling):082-424-6187

Health Service Center Kasumi Branch

Office Hours: weekdays 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)**



2. About our services

- Consultation on internal medicine
- Physical / Public health consultation
- First aid
- 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 during consultation hours.
 - General health consultation is also available.
 - If necessary, the internist will provide information of outside medical institution.
- * Health Service Center is not a treatment facility;
our primary role is consultation and referral.

■ First aid

Medical Section

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

■ Health Checkup

Medical section

□ Health Checkup for NEW students

NEW Students **MUST** get the health checkup.
You will receive the information from Support Office.

□ Periodic Health Checkup

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

This checkup is only offered once a year

and you have to check the schedule by yourself !

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

■ 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 (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.

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://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

Visit our website !

- You will find useful information on our website on how to protect your physical and mental health during the pandemic.
- There may be changes to the services due to the spread of COVID-19 or severe weather conditions. Please check our website for the latest information.

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