

# What is mental health care?

Just like catching a cold, anybody may feel themselves mentally unhealthy. However, most of the time this can be remedied through self-care or treatment. The “Mental Health Check” completed during health checkups, aims to help those who take it to conduct a self-check of the state of their mental health.

Persons who have checked more than three items or those who are feeling mentally unhealthy are encouraged to avail of our counseling or mental health services.

## Do you feel mentally unhealthy?

Feeling mentally unhealthy manifests itself in symptoms such as feeling down in the dumps, irritability, tiredness and listlessness, and worrying endlessly about the same things. Physical symptoms such as headaches, insomnia, loss of appetite, and diarrhea may also manifest.

## What is mental self-care?

The causes of feeling mentally unhealthy are often known to the sufferer themselves. While it may be difficult to change your surroundings, you can avoid these triggers and consider coping strategies, including keep regular eating and sleeping habits. You could also relieve your stress by chatting with your friends, outdoor activities, playing sports, or enjoying your hobbies. In addition, it is important that you do not keep your anxieties to yourself, but share and consult with those around you. You may discover that there are other ways of thinking about things and solutions which you could not have found by yourself.



Counseling by for faculty and staff members  
(reservation only; counseling in Japanese language)

Apply via the following form: <http://www.hcc.keio.ac.jp/ja/admissions/counseling.html>



Mental health services (reservation only)

Hiyoshi Clinic                      Ext.: 32703    Tel.: 045-566-1055

Mita Clinic                         Ext.: 22394    Tel.: 03-5427-1607

Shonan Fujisawa Clinic        Ext.: 52201    Tel.: 0466-49-3411

Shinanomachi branch of the Keio University Health Center    Ext.: 62021    Tel.: 03-5363-3634

Please refer to the treatment schedules for interviews with an occupational physician below. Please make an advance reservation. <http://www.hcc.keio.ac.jp/ja/clinic/hiyoshi-schedule.html>