Counseling Service

You may face personal problems such as homesickness, stress symptoms, feeling of loneliness, depression, sexual harassment, etc. While each University has its own counseling service, JICA provides counseling services for JICA Long-term participants as follows, so please feel free to contact if you need any assistance.

1. Services

A clinical psychologist (counsellor) provides counseling and the service is conducted

- ✓ by appointment through designated email address,
- ✓ by online in general,
- ✓ based on your information about your physical and mental condition,
- ✓ some advice on self-management methods to help you recognize and deal with your own concerns,
- ✓ and some other information about support resources.

In case of emergency, face-to-face counselling may also be available. For more information, please contact counselors as the procedures shown in 3 below.

2. Counsellor availability

Working day & hours: From 9:30 to 17:45, Monday to Friday (except holidays)

3. Procedures

(1) Email Address to book

Please contact to the following email address with the information described in (2).

tataa_counseling@jica.go.jp

- ➢ Counseling request can also be acceptable through the officer of JICA Center and/or Medical Coordinator (MC), but please note that the following information will be necessary from you.
- ➢ Confidentiality and privacy are secured.



(2) Necessary information

- ✓ Your name and D number
- ✓ Nationality
- ✓ Your university
- ✓ Your concerns, symptoms and other information related with your current physical and mental conditions
- ✓ Your preferred slot date and time

(3) Reply

Counsellor will get in touch to arrange the date and time for the first session as soon as possible.

In addition to the above, the JICA Center in charge of your course may provide you some more information, so please make use of this information as well.