

STOP!! HARASSMENT

June 2022



大阪大学
OSAKA UNIVERSITY

Message from Director Campus Life Health Support and Counseling Center

Aiming for a harassment-free university

Harassment is not only a violation of human rights it is also a health issue. Many victims of harassment feel intense levels of stress which damages their physical and mental health. The most common is mental illness. Symptoms of depression such as; depressed mood, loss of motivation and concentration, loss of appetite, insomnia, and self-doubt as well as trauma-related symptoms (flashbacks of unpleasant memories, increased negative emotions like fear, shame, confusion, anger, etc., including withdrawal from social activities and interpersonal relationships), can lead to suicide in the worst cases.

The key to preventing harassment, is constant awareness of the fact that it is not only a serious violation of human rights, but also a serious violation of a person's health. People in positions of authority or strength must also be constantly aware of their position, the influence of their words and actions, and always maintain consideration for others. Furthermore, harassment, regardless of reason or result, causes communication failures. Respecting every individual on a daily basis, carefully communicating with them, and building a relationship of trust are essential to preventing harassment.

Osaka University has placed the Harassment Counseling Office, Health Administration Division, and Counseling Support Division within the Campus Life Health Support and Counseling Center in order to establish a system that can provide a wide range of human rights and health counseling services related to harassment. If you have any problems with harassment, please feel free to use our services.

We at Osaka University do not overlook or allow harassment and will take steps to deal with harassment strictly.

We ask for everyone's cooperation.

**Ichiro Mizuta, Director
Campus Life Health Support and Counseling Center**

Harassment Counseling Office (Strict confidentiality)

Toyonaka campus 06-6850-5029, 06-6850-6505

Suita campus 06-6879-6981, 06-6879-6982

Minoh campus 072-730-5112

Website https://www.osaka-u.ac.jp/ja/campus/life/prevention_sh

If you want to talk to someone, please contact us.

Edited and published by the Harassment Counseling Office, Health and Counseling Center

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