

# STOP!! HARASSMENT

June 2023



大阪大学  
「ウニ博士」

## Message from Director Campus Life Health Support and Counseling Center

Harassment is a problem where the victim's physical and mental health is adversely affected through personal attacks and harassment. Recent studies have shown that people who are harassed often experience emotional distress and have a higher risk of developing mental illnesses such as depression and anxiety disorders.

Harassment exposes the harasser to chronic stress, which may increase the likelihood of mental and physical exhaustion, illness, depression, and other mental illnesses. Although the risk of developing mental illness depends on a variety of factors, including the type and frequency of harassment and the personality and psychological strength of the victim, the mental distress caused by harassment is a common problem for many people.

It is also important that the victim receives appropriate support. It has been reported that when victims receive support, the risk of developing mental illness decreases. Within our Center we have the Harassment Counseling office, where this support is provided. It is important that anyone who has been harassed proactively seeks advice.

Finally, it is necessary to change individual attitudes in order to eliminate harassment and create a better learning and working environment in which all members can maximize their full potential. Harassment is a problem that undermines people's dignity and undermines trust in the organization, and it is important that everyone be aware of the importance of not harassing, not being harassed, and not overlooking harassment.

**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.**

**Takashi Kudo, Director**

**Campus Life Health Support and Counseling Center**

**Harassment Counseling Office** (Strict confidentiality)

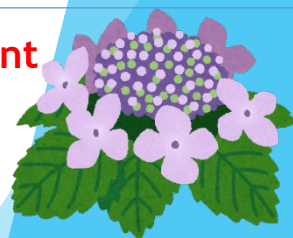
Toyonaka campus 06-6850-5029, 06-6850-6006, 06-6850-6505

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](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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