

Harassment Counseling Office Newsletter

Issue 37
November 2022

Here is the 37th newsletter
from the Harassment
Counseling Office.



A word from our counselors

When you are listening to the story of a friend who comes to speak to you, you may notice changes in your own mental and physical condition, and realize that you are also affected. You may find it difficult to sleep, or get irritated easily and find it hard to concentrate...these changes in condition are signs that you need to talk to someone, a friend or close colleague, even a doctor. Even then, you may not find the answers you seek, and don't know what to do next. If you feel your condition could be connected to the story of harassment then the Harassment Counseling Office is an option.

It is very important to notice any changes in your own physical condition in order to maintain your own health. If you continue to tell yourself that you should be able to cope, that you are weak because you can't bear it and ignore the signs coming from your body and mind, you are likely to fall into a state where recovery will take a very long time. It is not selfish to acknowledge the discomfort you feel and to create an environment in which you can study and work with peace of mind. If you have someone you can talk to please do. It is reassuring to have someone nearby who understands the situation and may give appropriate advice.

If a problem arises and you are in a situation where you cannot easily talk to someone quickly, we recommend that you create some space. You do not need to reply right there and then, reserve some time before you respond, give yourself the space and time to think before you answer an email for example. If you are still not sure how to reply, if you don't know how to respond, then please consider talking with us in the Harassment Counseling Office. Our counselors can make suggestions on how to express your intentions, open emails with you that you are afraid to open, and work with you to form a reply to the email. We are here to be of help to those who have been thinking on their own and are stuck... those who have consulted with others but are still not sure...and to sort through the issues.

Continued overleaf

Harassment Counseling Offices

2022.12.1~

Campus	Room	Mon.	Tue.	Wed.	Thu.	Fri.
Toyonaka	Harassment Counseling Office 1 Room #704, 7F, Interdisciplinary Research Building 06-6850-5029		10:00-13:00	12:00-15:00	11:00-14:00	10:00-13:00
	Harassment Counseling Office 2 2F, Data Station, Cybermedia Center 06-6850-6006			12:30-18:30		
	Harassment Counseling Office 3 2F, East Staircase, Health and Counseling Center 06-6850-6505	10:00-13:00				
Suita	Harassment Counseling Office 1 Room #1311, 3F, Division of Nursing Building 1 06-6879-6981			12:00-15:00		11:00-14:00
				15:30-18:30	15:30-18:30	15:00-18:00
	Harassment Counseling Office 2 Room #1312, 3F, Division of Nursing Building 1 06-6879-6982 ※Male counselor (power harassment, academic harassment)		※9:30-13:00		9:30-12:30	
		※13:30-16:30	※14:00-16:15			
Minoh	General Harassment Counseling Office 1F, Research and Education Hub 072-730-5112		Closed for the time being			

- Consultations with a professional counselor may be in person or by telephone (appointment required)
- Confidentiality is guaranteed. Anonymous consultations by telephone are welcome.
- Consultations for all types of harassment are available at Toyonaka and Minoh campus counseling offices as well as Suita Campus Harassment Counseling Office 1 (female counselor)
- See the Osaka University website for details on the locations, opening hours, and availability of consultations in English.



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

