

# STOP!! HARASSMENT

August 2022



大阪大学「フクロ」

## Message from Assistant Deputy Counseling Manager

### Harassment leads to the development of disease!

**1 The deterioration of interpersonal relationships is the greatest source of stress!**

Deteriorating relationships are the greatest source of stress in the work and academic environment.

**2 Harassment damages mental health!**

In particular, harassment by a supervisor, co-worker, or other individual can directly lead to a worsening of one's mental health.

**3 Damage to mental health leads to illness!**

If left unchecked, mental health conditions can lead to depression and various other mental illnesses. Furthermore, since the mind and body are connected, mental illness can extend to physical illness.

**4 Long-term mental stress can cause cancer!**

Long-term mental stress can lead to constant immune decline, resulting in chronic diseases associated with immunodeficiency. Over a long period, stress can eventually become a factor in the development of cancer. Cancer is regarded as a lifestyle disease with unbalanced diet as the biggest factor, and mental health is intimately tied to lifestyle.

Putting yourself in an environment where harassment is widespread could lead to cancer in the future!

**5 The elimination of harassment is key to maintaining a healthy environment!**

To maintain a healthy mental and physical environment, elimination of the worst mental stress, harassment, is essential.

**6 Even the slightest harassment should not be overlooked! It must not be tolerated!**

Be alert to harassment by and against people in your workplace and surroundings. Don't overlook it. Don't tolerate it.

**7 The support of others is vital!**

Victims have a hard time speaking up by themselves, and usually bottle it up inside and worry about their problems.

Be supportive, help others.

Take care of their health.

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.

**Masahiko Koizumi, Assistant Deputy Counseling Manager**

**Harassment Counseling Office**

**Harassment Counseling Office** (Strict confidentiality)

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

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