

Harassment Counseling Office Newsletter

Issue 4 1
July 2023

Here is the 4 1 th newsletter
from the Harassment
Counseling Office.

A word from our counselors

Some people consult with the Harassment Counseling Office because they have been hurt in their relationships with other people and are afraid of the other person(s). If you are forced to stay in such a situation for a long time and experience repeated hurt, you may suppress your feelings of distress without realizing it. This can be considered to be a reaction to protect the body and mind in a situation where it is impossible to go about one's daily life without numbing one's emotions. However, there is a physical and mental limit to how long one can cope with putting oneself in a situation where emotions and sensations must be numbed. If various physical symptoms (depression, body aches, etc.) appear in the body and mind over time, it may be necessary to accept them as important signs to protect oneself.

I believe that everyone has unintentionally hurt someone at some time. If you realize that you have hurt someone, rather than judging whether it is harassment or not, accept the fact that someone has been hurt by your words and actions, dig deeper into your own words and actions, and take it as an opportunity to think about what and how you can change your behavior to avoid hurting others in the same way in the future. Changing values is not easy, but if a person is willing, changing behavior, including language, is possible.

I think it is important, no matter how old you are or what position you are in, to reflect on yourself in your relationships with others, to accept that you have hurt others with your words and actions, even if you believe that what happened was "not your fault," and to ask yourself whether your regard for one person has led you to exclude or discriminate against others.

At the Harassment Counseling Office, we listen to the stories of those who come to us and try to assist with improving the relationship as much as possible depending on the details. We feel that it is important for each and every person to take a look at their own words and actions.

Harassment Counseling Offices

2023.7.25 ~

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	10:00-13:00	12:00-15:00	11:00-14:00	
	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 ※Male counselor		※13:30-17:30		※13:30-17:30	※13:30-17:30
Suita	Harassment Counseling Office 1 Room #1311, 3F, Division of Nursing Building 1 06-6879-6981	10:00-13:00				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	※13:00-16:00	※9:00-13:00 ※14:00-16:00		※9:00-12:00	
Minoh	General Harassment Counseling Office 1F, Research and Education Hub 072-730-5112 ※Male counselor		Open only 2nd and 4th week ※13:00-16:00			

- Consultations with a professional counselor may be in person or by telephone (appointment required)
- Confidentiality is guaranteed. Anonymous consultations by telephone are welcome.
- 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

