

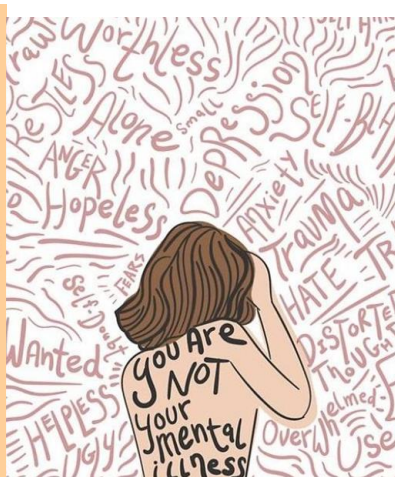
Mental Health

SDC 2022



What is mental health not?

- Something to be ashamed of
- Something that discriminates
- Something that is limited to diagnosis



Mental Health Support Lines

1. Prefectural Advisors

-Amy Shiroma and Hueseng Xiong (kumamotopa@gmail.com)

-Bailey Gaudin, Leila Baldrige, and Joshua Dolan (kumamotocitypa@gmail.com)

Consultation

- Workplace information
- Mental Health
- Culture Shock Harassment

Information

- JET Programme Terms and Conditions
- JET Programme Administration
- General info about Japan

Mental Health Support Lines

2.) **Peer Support Group (PSG)** [050-5534-5566](tel:050-5534-5566)

-Available from 8pm-7am every day of the week

Counselling

Information

- | | |
|-------------------------------|---|
| ▪ Feeling lonely and isolated | ▪ JET Programme terms and conditions |
| ▪ Culture shock | ▪ English-speaking doctor or professional |
| ▪ Problem at school | ▪ General info about Japan |
| ▪ Legal issues | ▪ Mental health referrals |
| ▪ Health issues | |
| ▪ Drug and alcohol abuse | |

Mental Health Support Lines



3.) **Tokyo English Life Line (TELL)** [03-5774-0992](tel:03-5774-0992)

- Available from 9am-11pm daily
- Can provide long term counseling at a cost
- NOT affiliated with JET

Professional Counseling Services

1. Jet Online Counseling Services

-Receive login info from CO

-Webmail: <https://www.kokoro-soudan.net/en/>

-Skype: <https://www.fismec.co.jp/hiroba/en/secure/>

1. Kumamoto Shinri Counselling Center (くまもと心理カウンセリングセンター)

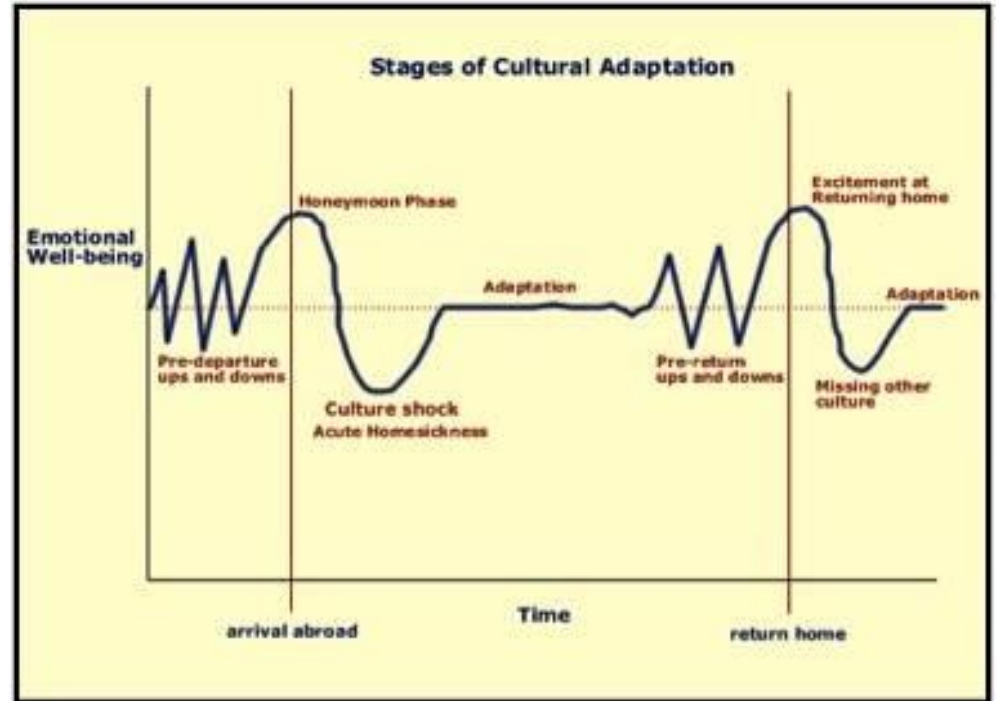
-Dr. Kazumi Kutsuna can provide English counseling (no prescriptions)

-Phone: [096-322-2288](tel:096-322-2288)

-Website: sinrisoudan.sakura.ne.jp

Culture Shock

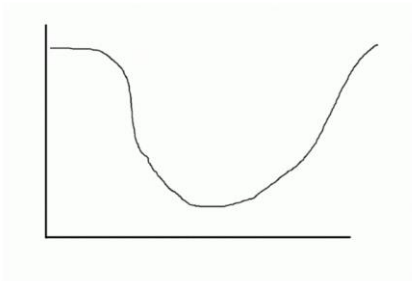
1. Initial Euphoria
2. Irritation and Hostility
3. Gradual Adjustment
4. Adaptation and Biculturalism



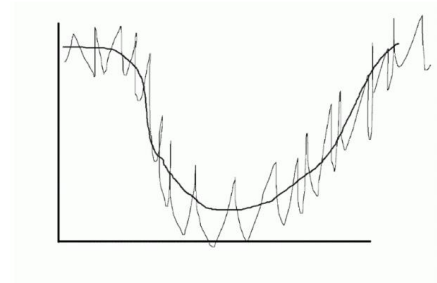
Discuss: Experiences with Culture Shock

- **Think about a time when you experienced culture shock**
- **What was it like? How did it impact you emotionally or mentally?**
- **How did you overcome this challenge?**

This graph is often used to express the cycles we go through in a different culture:

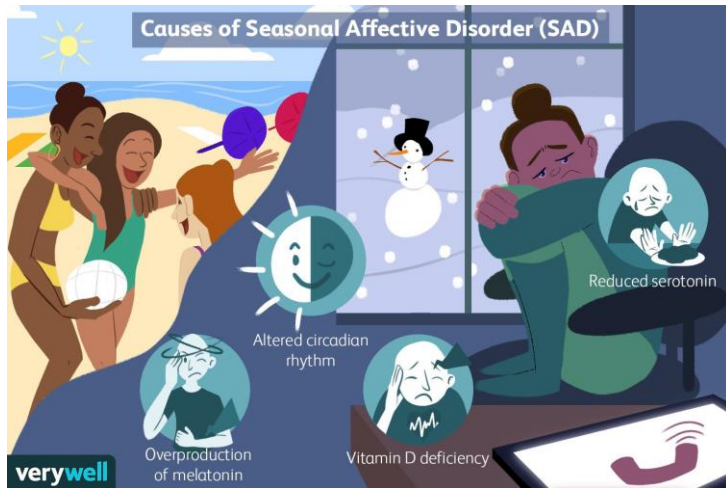


But in reality it may feel like:



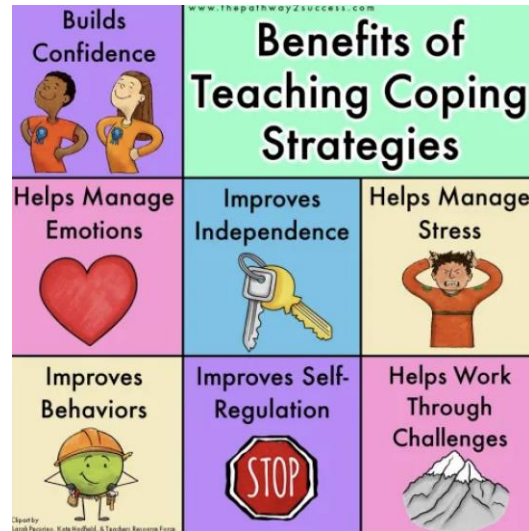
SAD: Seasonal Affective Disorder

- Negative emotional response to changes in the season
- Can impact those that do not normally experience mental health issues



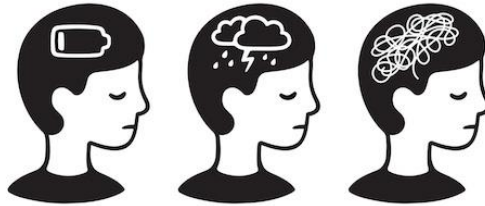
Stress Management and Coping Strategies

- In times of distress, your brain can be illogical
- There are healthy and unhealthy coping strategies
- Create an action plan to establish healthy coping strategies



Discuss: Coping Strategies and Action Plans

- What are some coping strategies that you use in times of distress?
- What steps would you take in your 'action plan'?



Examples of Healthy Coping Strategies

Emotion-Focused Coping Skills

-  Exercise
-  Take a bath
-  Give yourself a pep talk
-  Meditate

Problem-Focused Coping Skills

-  Work on managing time
-  Ask for support
-  Establish healthy boundaries
-  Create a to-do list

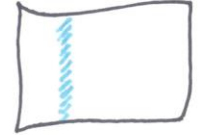




Walk outside.



Bike.



Hug a pillow.



Drink water.



Listen to music.



Draw or write.



Read.



Talk to a caring person.



Do a puzzle.

Jennifer Miller 12-8-20

Conclusions

- Give yourself grace
- Practice patience and kindness
- Utilize healthy coping strategies
- Don't be afraid to ask for help

