# Can you talk to someone about that problem of yours?

## Has this ever happened to you?

I want to talk to someone about it, but I don't know  $who \ to \ talk \ to$ 

I can't talk to my friends or my parents about it.

I don't know if I can go to a consultant with these problems.

I'm so anxious I can't get anything done, what should I do?

I would like to go to a hospital for advice, but it costs a lot of money and I don't have the courage to go.

## If you need help, ask for advice.

Sometimes, mental health problems cannot be solved alone. There is always someone who can support everyone. Don't keep it to yourself, open up.

#### Kokoro Support Station "SODA Kawaguchi".

Place: In front of Saibo Hall, 2F, AEON MALL

Kawaguchi Maekawa

Hours:  $10:00\sim19:00$ 

day of week: Mon, Tue, Thu, Sat.

consultation fee: free %See Annex for details.

### School counselling service

Place: consulting room

counsellor: Mr Doi.

Hours:  $12:00\sim17;00$ 

day of week: Wed (Twice a month.)

consultation fee: free

\*For more information and reservations, contact

Kumano, School nurse's office.