

From Student counseling room

Due to the coronavirus pandemic around the world, there is a flood of information not only on TV or newspaper, but also on SNS. We think your life is hugely impacted by the recent situation where restrictions are being extended and online classes started.

In this context, we suppose you might have fear and anxiety against virus as well as depression caused by uncertainties about when daily life comes back, growing anxiety for future, and puzzlement. You might also feel alone or depressed under this circumstance where you can't meet or talk with your friends. Or you may sometimes have a distrust or irritation toward people around you or whole society. In a sense, it is natural to have these state of mind under this situation where no one has experienced thus far.

However, even if those are natural response, it is no doubt that you are bearing big burden psychologically. It might make you think differently from usual, or feel irritated or unmotivated. Sometimes it may affect your physical conditions such as not sleeping well, losing appetite and not feeling well.

Student counseling room is available for these various consultations. This service is also available by phone. Please don't hesitate to use this service that supports your student life.

**【available time】**

●Tuesday: 11:00～14:00

●Wednesday 11:00～14:00

●Thursday: 11:00～14:00

●Friday: 10:00～17:00(13:00～14:00 is not available only on Friday.)

※The counselor is clinical psychologist who comes from off-campus.

※Lunch time is also available.

※Basically you need to have a reservation in advance, but you may consult with counselor on the day depending on the situation even though you don't have reservation.

**【how to apply】**

Application form and box have been installed in front of on-campus health center. Please put the form into box. Also, application by phone or email is available as well.

**【contact】**

■ □ ■ student counseling room located in on-campus health center ■ □ ■

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