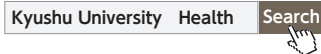




CENTER FOR HEALTH SCIENCES AND COUNSELING

<https://www.chc.kyushu-u.ac.jp/>



About a logo.
5 petals on the right end are added including the meaning that 5 sections of our center (Infirmaries, Student counseling section, Support section for inclusion, Coordination section and Health information advancement section) will jointly cooperate or split support as needed among them.

KYUSHU UNIVERSITY CENTER FOR HEALTH SCIENCES AND COUNSELING GUIDE

- ▶ COORDINATION SECTION
- ▶ INFIRMARIES
- ▶ STUDENT COUNSELING SECTION
- ▶ SUPPORT SECTION FOR INCLUSION
- ▶ Health information advancement section

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Consultations are accepted by phone or in person, but you can also apply from the web consultation reception from the following QR code.



There are various consultation and support desks available within the Kyushu University Center for health sciences and counseling including but not limited to physical health and disabilities with consultations by doctors, counselors, and a public health nurse but also consultations for people needing psychological disabilities support. These services are provided for students and the teaching staff members of Kyushu University who have concerns about the health status of their minds and body. In addition, we also provide cooperative support with similar health support organizations/facilities outside of the university.

Student and teaching staff member

Center for Health Sciences and Counseling

Coordination section

We will accept consultation requests from all students, teaching staff members and guardians, etc. We also provide cooperative support with similar health support organizations/facilities outside of the university.

Infirmaries

In cases of the common cold, stomachaches sleep deprivation and physical injuries from accidents a routine physical examination will be performed. In addition living habit (movement, meals and sleeping arrangements) support is also provided for students and teaching staff members as well.

Student counseling section

This is a place that students, including international students, use when they have some concerns and problems. For example, life, study, career, human relationships, etc. We also provide consultations from family members and faculty members regarding matters related to students.

Support section for inclusion

Every attempt will be made to remove all barriers whether they are social or physical and good maintenance upkeep of the environment is always upheld so that students and teaching staff members with physical handicaps and medical chronic maladies a/intractable disease) and a teaching staff member can move about on campus in a timely and safe manner.

Health information advancement section

Students' positive health, skill rise education of self-care and development of teaching materials are being advanced through sessions. Data about self-care is collected, concerning with learning and college life, We are analyzing and are working on information sending about a better campus life.

* Consultation desks of our center are available on all campuses (see the image on the right).

* You can also use the online reservation system. Please scan the QR code on the cover to access the online appointment booking form.

Consultation reception desk

Ito West Zone Branch

(3rd floor of West Zone 3)

☎ 092-802-3297

Main office

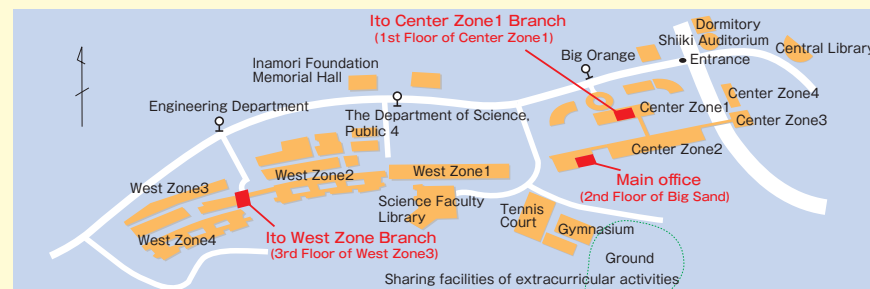
(2nd floor of Big Sand-Restaurant)

☎ 092-802-5881

Ito Center Zone 1 Branch

(1st Floor of Center Zone 1 Build.)

☎ 092-802-5859 E-mail : inclusion@chc.kyushu-u.ac.jp



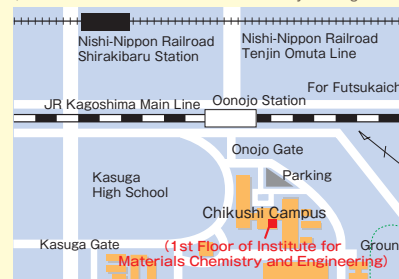
Hospital Branch ☎092-642-6889

(Building of Administrative Offices of Research and Education on Maidashi Campus 1st Floor)



Chikushi Branch ☎092-583-8431

(1st Floor of Institute for Materials Chemistry and Engineering)



Ohashi Branch ☎092-553-4581

(2nd Floor of Design Common)



➔ Coordination section

The Coordination section responsibilities include but not limited to, connecting our campus students with appropriate staff members or with outside campus personnel (guardians/family members) with first contact and one-stop-type processing.

1 The outside cooperation on campus

We will support students and teaching staff members smoothly in cooperation with various support sections (internal and external), the various support engines available outside university and their guardians. Independent consultations will be provided for students and teaching staff personnel concerned with responses that they feel do not meet their individual needs.

2 Early Stage Responses

STUDENT INITIATIVES - We will meet with the students who were absent from the initial "startup explanatory meeting (September and March)" and the specific classes for students with difficulties (including returning school personnel with registered absence from school), the subject in the "new student interview" which made a newcomer student the subject (May) and unit acquisition continuously. **Teaching Staff Member Initiatives** - Allows for teaching staff members to get in touch with necessary support with the supervisor of their workplace, the industrial doctor and any support engines outside the university.

3 Emergency Responses

When an emergency event, an accident, suicide, crimes against a person, etc. has occurred, we will cooperate with the related sections on Campus. Its purpose is to set up an After-care Follow-up Team.

4 Psycho-Educational activities

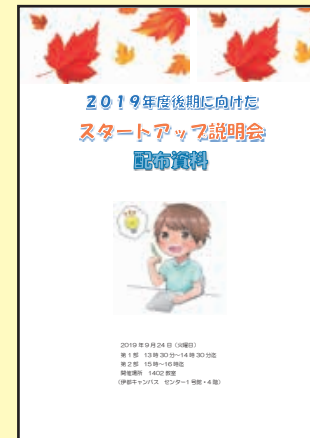
The purpose of the Psycho-Educational Activities is to develop plans and procedures for providing teaching students and teaching staff members in ways to promote self-care (Information on a self-care skill about health promotion of mind and body) is carried out by the making and distribution of school training, pamphlets and group activities.

5 Proposals for the establishment of additional procedures for all University students and teaching staff members in place support system.

We will analyze various data and make an effort toward grasping the needs of students and teaching staff members. We will cooperate with various sections in the center for health sciences and counseling (CHC) and propose additional types of support systems for establishment.

※ As far as there is no permission of a student in a question about information on student that we have. it isn't possible to answer (Except for emergency cases.)

[Examples of tasks of Coordination section]



【Self-care materials】

Various self-care materials have been collected and are in each theme and included in the leaflets. The leaflets are available at the CHC branch in each area.

【Start-up explanatory meeting】

The purpose of the explanatory meeting is to enable students to get basic information about enrolling in key educational subjects.

Procedures

- (1) Open : Monday to Friday (except for holiday), 10: 00-17:00
- (2) Reservation Procedures : If you can make an appointment with us beforehand, which is highly suggested, do so via e-mail or phone call. This will ensure your interview will proceed smoothly and provide proof of registration.
TEL:092-802-5881 E-mail:kucr@chc.kyushu-u.ac.jp
- (3) Access : 〒819-0395 744, Motooka, Nishi-ku, Fukuoka-city, Ito Campus, The 2nd Floor of Big Sand.
Consultation in each area is also available.
Please inquire any time.



COORDINATION SECTION

➔ Infirmaries

The following services are available for all students and teaching staff members free of charge. The individual's privacy concerning check-ups and consultations are confidential and protected. Please feel assured and confident that you may use it at any time.

1 Public health consultation (physician and public health nurse)

General health consultations, medical examinations and treatment plans by a physician and public health nurse are performed. Early-stage treatment and appropriate advice are given according to the level of sickness and the injury. We will also introduce a medical specialist from outside the university environment as needed. Since consultation day is different in each area, please check what day it is for each infirmaries.

2 Mental Health Counseling (psychiatrist)

A psychiatrist is available for advice aimed at mental health improvement i.e. "I can't sleep." "Feeling depressed." "Depression doesn't clear up easily." "Anxiety is intolerable." "Extreme lack of patience and/or Irritability" and "Lack of Will to Do."

When symptoms of the above-mentioned appear, make a mental health counseling appointment as soon as possible. But, usually, a student will only apply the minimum amount of time toward the treatment plan. If the symptoms are severe, the case may be referred to a medical agency outside if necessary.

Again, consultation day is different in each area, so please check the time in each infirmaries.

3 Healthiness support and health guidance.

We provide guidance on improving lifestyle habits, guidance on quitting smoking, and dissemination of information on infectious diseases. In addition, physical measurements (height, weight, body fat percentage) and blood pressure can be measured.

4 Periodic Medical Check-ups for Students

Every April, each campus conducts regular health checkups for students. Please be sure to visit the doctor to check your health. Those who have undergone the regular health checkup for students can receive a health checkup certificate from the automatic issuing machine (free of charge).

5 Industrial insurance activity.

We perform many activities, targeting the health, the improvement of work environment and the maintenance of the teaching staff members who work in the University.



Procedures

(1) Open : Monday to Friday (Except for Holiday), 9:00-17:00

(2) Procedures :

Reservation is not required for general health consultation (physician).

A mental health counseling (psychiatrist) is a reservation system.

Please make inquiries to each consultation room about medical examinations and treatment time.

(3) Access :

Ito Campus center zone

092-802-5881 (2nd Floor of Big Sand.)

Ito Campus west zone

092-802-3297 (3rd Floor of West Zone 3)

Hospital Campus

092-642-6889 (1st Floor of Administrative Office)

Chikushi Campus

092-583-8431 (1st Floor of Institute for Materials Chemistry and Engineering)

Ohashi Campus

092-553-4581 (2nd Floor of Design Common)

➔ Student counseling section

This counseling room is for all undergraduate and graduate students. We are willing to discuss campus life, study/career paths, and personal relationships with other people. All of our counselors are licensed clinical psychologists. We take the privacy of our consultations very seriously. For international students, counselors who speak English and Chinese will be available. If necessary, we may refer you to a student counseling faculty member at your faculty/graduate school for advice on specialized topics such as how to take courses, how to study, and future career paths. We have received various consultations such as the following.



Matters related to study, research, and career paths

- I entered university, but I lost sight of the purpose of my university life.
- I don't know how to study for particular subjects, or I have difficulty getting credits in general.
- I am thinking about changing course, changing departments, retaking exams, etc.
- I don't want to go to university because I don't have the motivation to study.
- I'm having trouble finding a job and I don't know what to do.

About relationships and your personality

- I am having trouble with my friends.
- I am not good at communicating with people, so it is difficult to make friends.
- I have troubles with my seniors, supervisors, and professors in the laboratory.
- I want to examine my relationship with my parents.
- I am suffering from my sexuality.

Life rhythm, school refusal, and withdrawal

- I don't feel interested in things and I don't want to go to college.
- It's hard to get up in the morning, which makes me hard to attend classes in the morning. I end up taking a day off.
- I haven't come to university for a long time.

Mental problems, lack of motivation, and lack of energy

- It's difficult to get things done because of my mood swings.

About student Life after leave of absence and return to School

- I want to consult about taking a leave of absence or returning to school.

About your friends

- A friend of mine isn't feeling well and hasn't come to college lately.
- I have a friend who is having trouble with other people. What should I do?

Various problems in your student life

- I have some problems at a circle or part-time job.
- I was financially damaged by malicious solicitation.

About studying abroad and different cultures

- I've decided to study abroad, but I'm worried about something.
- It's hard for me to adjust to Japanese culture and human relationships.
- I can't make friends with Japanese students.

Procedures

- (1) Open : Monday to Friday (except for holiday), 10:00-17:00
- (2) Procedures: Please fill in the consultation reception form on our website.
<https://www.chc.kyushu-u.ac.jp/~webpage/english/index.html>
- (3) Access :

Ito Campus Center Zone
092-802-5881 (2nd Floor of Big Sand)

Ito Campus West Zone
092-802-3297 (3rd Floor of West Zone3)

Hospital Campus
092-642-6889

(1st Floor of Administrative Office)
Chikushi Campus
092-583-8431(1st Floor of Institute for
Materials Chemistry and Engineering)

Ohashi Campus
092-553-4581
(2nd Floor of Design Common)



↑ Follow us on X.



↑ Follow us on Instagram.



Support section for inclusion

1 Construction of university-wide system for promoting reasonable accommodation

To promote the university wide support system, we will enforce a regulation that creates a foundation of accessibility for persons with disorders/disabilities.

2 Security of study and a starting working chance.

Consultation of a student or teaching staff member with a identified handicap (including chronic malady and incurable disease) will be performed with all information kept in confidence as in the other studies and starting working, etc. which will offer a rational solution between the school and the affected student considering the accessibility and support equipment, etc.

3 The outside cooperation on campus.

Information is sent to an examinee with a handicap with a high expectation of cooperation and mutual understanding and advanced through university combined briefing sessions and open campuses, etc. We will cooperate with a specialized agency and a related section on campus for medical treatment, welfare, starting working and each industrial range.

4 The barrier free of the facilities and equipment.

"Rakuchin Lab" gathers expertise from various fields to promote the campus's environmental transformation from the perspectives of the parties involved, such as designing signage suitable for visual diversity and building drive-through parking lots.

5 Personal support

Individual support of a student with an obstacle and a teaching staff member and a group work, etc. is put in place. An internship may be available by carrier support lectures (key educational subject: Carrier formation basis) and the enterprises which premised on rational consideration, etc. is also offered with cooperation with the carrier encouragement of study support department as carrier educational support

6 Accessibility education

Through the accessibility leader development program and various trainings (note-taking, sign language, guide help, etc.) based on the following courses, we are cultivating accessibility peer supporters who carry out activities to improve accessibility on campus.

[Key educational course]

Overall subject (frontier course) : "Accessibility guide", "Barrier free support guide", "Universal design study", "Accessibility support guide" and "Accessibility basis".

(Open course) : "Introduction to Accessibility Peer Support", "Accessibility Peer Support Practice"

(Senior key educational course) : "Accessibility management study"

[Specialty educational course]

Department of education : "Accessibility psychology lecture - I", "Accessibility psychology lecture - II", "Accessibility psychology practice - I" and "Accessibility psychology practice - II".

7 Survey and research

We promote understanding and awareness of activities for people with disabilities by producing and distributing promotional materials, holding workshops and training sessions (FD, SD), and conducting awareness surveys.

Procedures

(1) Open : Monday to Friday (except for holiday), 9: 00-17:00,

(2) Procedures : If you can make an appointment by phone or e-mail beforehand, the interview process will run more efficiently.

You can also apply for reasonable accommodation from this link.

<https://rasys.kyushu-u.ac.jp/>

(3) Access

Ito Campus (1st Floor of Center Zone 1)

TEL 092-802-5859

E-mail : inclusion@chc.kyushu-u.ac.jp



E-mail



Home Page

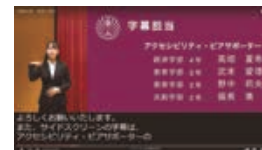


Facebook



Logo Mark made by the student at the session in fiscal year 2015.

"Persons with disabilities, The noticing switch-on with which the social point of view changes!"



Information Accessibility in Ceremonies



Support for Students with Developmental Disorders



Educational Comic on Developmental Disorders



Friendly Campus for Assistance Dogs

Activities of Accessibility Peer Supporters

Health information advancement section

We conduct epidemiological surveys, research, and support through population health support (population approach) for the purpose of supporting and improving the physical and mental health of students and faculty members. In addition, we also provide personalized health services such as exercise and relaxation.

(1) Student Mental Health surveys

As support services for students, we conduct epidemiological surveys on lifestyle and mental health, as well as epidemiological surveys on lifestyle and mental health of international students in English courses.

According to the research conducted by the student survey of Kyushu University, "Lifestyle affects academic performance."

- I have a regular life.
- I study at least one hour a day.
- I play games for less than an hour a day.
- I do moderate exercise.
- I eat breakfast every day.
- I usually eat on time.
- I get up before 7 a.m.
- I do not have the habit of drinking alcohol.

The more items that fit your situation, the lower the risk of poor performance.



(2) Provide and practice relaxation and exercise programs

We provide relaxation and exercise instruction to enhance students' and faculty members' physical and mental health and provide individual guidance to students and faculty members with problems like poor mental health.



Moodle information about morning yoga

We hold "Morning Yoga" activity for students and faculty members of Kyushu University!



(3) Producing online teaching materials for health promotion

As part of research on health promotion support for students and faculty members, we conducted practical research on the remote lifestyle assistance program using IT technology based on the motto "anyone, anytime, anywhere." We produce various health promotion videos online and post them on the Center for Health Science and Counseling website as needed.



●Relaxation



●Stretching



●yoga



(4) Health and physical education courses : conduct adapted courses.

We are cooperating with health and physical education teaching group members to conduct adapted courses.

E-mail ✉ shpi.daihyo@chc.kyushu-u.ac.jp

