

To All Current Students at Ritsumeikan University:

The Student Support Room (SSR) at Ritsumeikan University is **closed from December 28 to January 5**, and we are not able to reply to your email or the Counseling Request Form during this period. In urgent cases, the following emergency telephone counseling is available.

☆TELL Lifeline: (03)-5774-0992

English only. 9 am to 11 pm Monday-Thursday, and 9 am to 2 am Friday-Sunday

<https://telljp.com/lifeline/>

☆Helpline for foreign languages – 外国語による相談 0120-279-338

Available in 10 languages.

The consultation hours for the Foreign Language Line are available from 10:00 am to 10:00 pm every day.

<https://www.since2011.net/yorisoi/n2/>

See the below file for clinics/hospitals/hotlines available in Japanese:

<http://www.ritsumei.ac.jp/file.jsp?id=518972>

The SSR will be **open from January 6 at regular hours**.

To make an appointment:

<http://www.ritsumei.ac.jp/ssr/en/news/article.html?id=37>

You may find helpful information in our [Mental Health Tips](#), such as [10-second breathing technique](#), [Mindful breathing](#), [Progressive muscle relaxation](#), [Masseter muscle \(facial\) massage](#), [Autogenic training method](#), and others.

Take care of yourself and have healthy holidays!

The SSR supports all the students to flourish in their campus life.