

To All Current Students at Ritsumeikan University:

The Student Support Room (SSR) at Ritsumeikan University is closed as follows,

**KIC from December 27 to January 8**

**BKC from December 26 to January 8**

**OIC from December 28 to January 8**

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/>

**☆Phone service by Japanese Government,  
from December 15 (am9:00) to January 4 (am9:00)**

**#9999 or 0120-494949**

<https://www.notalone-cas.go.jp/toitsu/dial2/>

Please press 2 after the guidance to choose languages other than Japanese.

Leave your phone number and preferred language after the tone in the voice mail.

Then they will call you back in your preferred language.

They currently offer consultation in 12 languages - English, Chinese, Korean, Tagalog,

Portuguese, Spanish, Thai, Vietnamese, Nepali, Indonesian, French and Hindi.

For other language please feel free to inquire.

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

<https://www.ritsumei.ac.jp/ssr/common/file/consultation-counter.pdf>

**The SSR will be open from January 8.**

To make an appointment:

<https://www.ritsumei.ac.jp/ssr/en/#e4-01>

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.

Student Support Room

<https://www.ritsumei.ac.jp/ssr/en/>