

## Addendum 1

### Counseling for mental health

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#### < Various efforts to find out students and staffs with mental health problem. >

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##### (1) Notice the existence of “Counseling Room”.

Neuropsychiatrist and clinical psychotherapist are assigned in the health center of Kurokami South Campus, and teaching staff in charge of counseling for study and research problems are delegated Kurokami South Campus, Honjo-Campus, and Oe Campus in the university.

In addition, “Counseling for anything” is arranged in the Student Affairs Office, and supports to solve all problems regarding study and life.

It is necessary to get these support systems across students and staffs at every occasion such as orientation.

##### (2) Setting counseling and points of remember to find them.

###### ① Setting office hour and “Individual counseling”

Post a notice in front of the one’s room about schedule (minimum 2 hours per week) when students can come to consult.

Set up counseling in the daytime and avoid doing it in a closed room with keeping minimum privacy as for the counseling.

Individual counseling for students who seem not to have problems can be effective.

Couple minutes of counseling can help to build up relationship.

###### ② Attend a mental health lecture.

The Central Health and Safety Committee give several lectures for improvement of students’ and staffs’ mental health per year.

It is necessary to attend the lectures as much as possible and make an effort to improve mental health at work and learning place.

###### ③ Focus on probable students

Examples of probable students who have mental health problem include, “Truant students”, “Students with few credits”, “Students who take a leave of absence due to illness”, and “Holdover students”.

###### ④ To keep an eye out for signs of students

It is important to find mental problems early from spiritual change (big change of feeling), physical symptoms (Truant due to headache or stomachache), and daily behavioral change (expression, attitude, and way to speak).

<b>Early signs of maladaptation to campus life</b>	
Behavior/Attitude	Increased absence/tardiness/leave early, Fall behind in one's grades, Avoid people, Disinterested, Suffer melancholy, Get irritated, Rough behavior, Aggressive, Rapid mood swings, Impulsive, Messy, Dirty with disheveled outfits
Expression/Speech	Expression: Darkened, Rock-faced, Empty, No change, or too bright Speech: Speechless or Talkativeness, argumentative
Thought/Judgment	A self-centered idea, A subjectivity of judgments, Weird idea, Think others' things as relevant to oneself, Worry about other behavior and one's gossip or personality, Become lack decision and undecidedness, Or make a bold decision

Mental Health in universities~Guide book for teachers

(from Japanese National University Council of Health Administration Facilities)

### < Learn how to response after finding students and staffs with mental health problems.>

#### (1) Things to be careful before counseling

Talk : Talk to the person naturally with consideration for one's surroundings.

Information gathering before counseling: Obtain information from the friends and the family in full respect of the person's "Privacy" if you cannot get enough information with talking to him/her.

#### (2) Things to be careful when counseling

Make the person relaxed: Let him/her mind relaxed and listen to the person's talk at slowly pace when counseling.

Importance of enough time for counseling: If you are busy and cannot get enough time for counseling, you should better to postpone the counseling till the day that you can get enough time.

Do not rush to conclusions. : Listening to the person's worries carefully is more important than persuading and giving advice.

It is important to think from the person's point of view since rash conclusion and advice is not effective.

It makes matters worse to deny what the person says in order to cheer the depressed person up easily or dispel the delusions.

Care must be taken because unconsidered question exacerbate anxiousness.

Think how to solve the problem: Think where, who, how to support the person after revealing the problem.

Chose who consult with: There are various specialists and cooperated establishments in the university.

You need to work together with Health Care Center, school counselor specialists (in the Student Affairs Office); teaching staff in charge of counseling for study and research problems, and school committee of each faculty depend of the problem.

You need to contact a specialist (such as specialist of Health Care Center) in case of urgent emotional disorder.

Consideration for the person's privacy: You need to gain permission from the student for the content that you will talk to other people in advance.

You need to give a consideration to prevent invasions of "Privacy" although correct information exchange is important to ask other peoples' supports.

### (3) Things to be careful after counseling- to consult with specialist

The family' and friends' support: The family and close friends with consideration for the person's privacy can be helped when teaching staff's support does not go well.

Go to a specialist with teaching staff: (Staff-visiting the counseling room with the student)

It is a good way that teaching staff go with the student as necessary.

If the student have "Mental issue" and need a specialist's support, it is better to ask "Let's go to the counseling room with me?" and visit it.

(Only teaching staff visits)

Teaching staff should get in contact "Counselor" and discuss how to care the issue if the student denies the teaching staff proposes.

"Visiting the counseling room directly", "Telephone", and "E-mail" are available in the case.

### (4) Examples of emergency and what to do for the situation

Examples of emergency: "Emergency support" is needed in the following situations; the student does not get one's own situation with symptoms like "Freak out" or "Depression", and cannot control one's action. (For example, the student speaks gibberish, does violence to others, says "I want to die ", and harm oneself.)

Point:

- ① Ask a teaching staff involved for support : Ask a teaching staff involved around you for support at first.

It is necessary to respect the student's privacy so as not to stretch a story unnecessarily in the case.

- ② Contact a specialist : Contact a specialist and ask direction.

Contact the Health Care Center or instruction section in charge of the faculty in the university.

Ask the hospital if the student goes to hospital.

- ③ Contact the family : Contact the family after getting the student's permission when possible.

Although he/she needs to decide to seek medical attention or to get hospitalized by him/her self generally, the parent cans decide at an emergency case.

When you cannot get contact the parent, ask instruction section in charge to contact them, or need to ask for a support to Health Care Center and Police as necessary.

Consideration is necessary to try to settle the problem peacefully due to the issue relating to the person's future.

- ④ Emergency : When there are no specialist at Health Care Center at night, contact the hospital which the student going or call fire department. (Emergency hospital of psychiatry by rotation for nights and holidays are unstated in newspapers.)

It is possible to contact the hospital by either fire fighter in the ambulance, instruction section, or Health Care Center.

Staffs on site or yourself need to contact them in time-sensitive situations.

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### **< Tiredness by working long hours and the measures >**

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Working long hours, especially overtime work, at work and study place is likely to cause damage in mental and physical health.

The university set tougher standards for overtime working due to reduce overtime working according to Industrial Safety and Health Law.

Staffs who work 80 hours per month for overtime or working on a day-off are required to notice to the university and have counseling by an industrial physician.

Students also tend to study until late night or for long time due to write a thesis.

The university established mental health policy and carries out the measure to improve mental health same the level as staff. Sufficient considerations are necessary in class and laboratory.