

About Initiatives for Mental Health

The stress environment that surrounds us is worsening every year with the state of tension increasing because of social changes, the industrial structure changing, work environments changing, and personal relationships becoming difficult because of the diversification of individuality. Against such a background, the number of people who suffer mental impediments is increasing, and the Annual Report on Health, Labor and Welfare also set forth measures for such things as important matters. Examples of poor mental condition are also increasing each year among this university's students. Students complain of having strong feelings of uneasiness, inability to sleep well, lack of appetite, feeling down, lacking motivation or the ability to concentrate, issues about personality or personal relationships, problems with their course of further education or employment, and concerns about academic or research life. The amount of information that we receive from students' fellow students and faculty members concerning students not attending classes is also increasing. As a university, we are being asked to formulate plans to prevent such poor conditions and conduct mental care, and the Health Care Center is conducting measures such as those below.

1. System for consultations by a physician or nurse

The ways of expressing mental concerns are varied, including things that are caused by mental symptoms of depression or panic disorders, things that emerge as physical symptoms of psychosomatic illnesses, and things that emerge as action problems such as violence or social withdrawal. When a person who has a mental concern visits the Center, a full-time physician or nurse will first respond to a consultation at any time.

2. System for counseling by a clinical psychologist (counselor)

In a case in which, based on the results of consultation by the Center's physician or nurse, it was judged that it is particularly necessary to take medicine, we introduce the person to a physician who specializes in psychosomatic medicine. In addition, in the event that it was judged that counseling is necessary, we introduce a clinical psychologists (counselor) . (Appointment needed at Health Care Center)

3. Implementation of lectures intended for faculty members

The people who notice a student's signals of poor mental condition (signs of concerns or uneasiness, or not attending classes) the earliest are fellow students and the faculty member in charge of the student. The Director of the Health Care Center conducts

lectures for the constituent members of each graduate school once a year, focusing on practical discussions of what types of signs are directly linked to poor mental condition and what kind of management should be conducted after noticing such signs.

4. Issuing a Guide for Mental Health and a Guide for Physical Health and conducting lectures

For the purpose of creating an environment in which all constituent members can strive to maintain and enhance their health and conduct maximum utilization of their individual outstanding characteristics and functions, each year we issue a Guide for Physical Health for physical health and a Guide for Mental Health for mental health as the means to aid health plans, and we distribute them to new students and new faculty and staff members. In addition, in order to explain a summary of these texts, we conduct a lecture once a year.

5. Implementation of stress checks

Based on the revision of the Industrial Safety and Health Act and for the purpose of encouraging workers to notice their own stress, at this university we have been conducting stress checks once a year since fiscal 2016. For a worker who, as a result of a stress check, is judged to be a person with a high level of stress, we provide follow-up care such as an interview by an industrial physician, while also respecting the person's intentions, and we are taking initiatives to improve the workplace environment, which is a cause of stress.