

To Students from Abroad

Find Support

at Student Counseling Office on Nakamozu Campus
(English available on Tuesdays and Fridays)

Counseling gives you some time and space to explore any issue that is of concern to you. Get some help with any personal issues affecting work, self-esteem, relationships, mental health or general wellbeing.

Your first session at the Counseling Office will be a consultation to help you. Together with your counselor, you will be able to work out what is the best way to begin to tackle your problems.

Examples of the issues students seek counseling for include:

- Depression or Mood Difficulties
- Stress or Anxiety
- Relationship Difficulties
- Grief or Bereavement
- Homesickness or Loneliness
- Lack of Motivation or Direction
- Low Confidence or Self-Esteem etc.



How to book to see a counselor

To book an appointment, please phone us, send an Email or visit us on Tuesdays or Fridays.

Phone: 072(254)8381 (direct line)

Email: [gakuseisoudan\[at\]ao.osakafu-u.ac.jp](mailto:gakuseisoudan[at]ao.osakafu-u.ac.jp)

(Replace [at] with @.)

By Email, tell us: Your name, affiliation and phone number available during the daytime.



Any concerns about counseling?

- All students may use our services free of charge.
- To come for counseling does not have any influence on your grades. It is not a sign of weakness but a sign that you are taking steps to address any problems you are experiencing.
- All information given by you to your counselor is confidential in principle.

How to find us

We are located at Health-care Center (Building #16), to the southwest of the Student Hall / Cafeteria (Building #12).

Opening hours on Nakamozu Campus

Monday – Friday 10:00 – 17:00 (In Japanese) and **English available on Tuesdays and Fridays**
National holidays : closed

Please Be Aware

- Making an appointment and counseling in English are both available **ONLY** on Tuesdays and Fridays.
- We are unable to offer counseling / consultation over the phone or Email.

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Student Counseling Office on Nakamozu Campus

