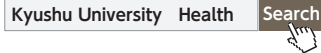




## CENTER FOR HEALTH SCIENCES AND COUNSELING

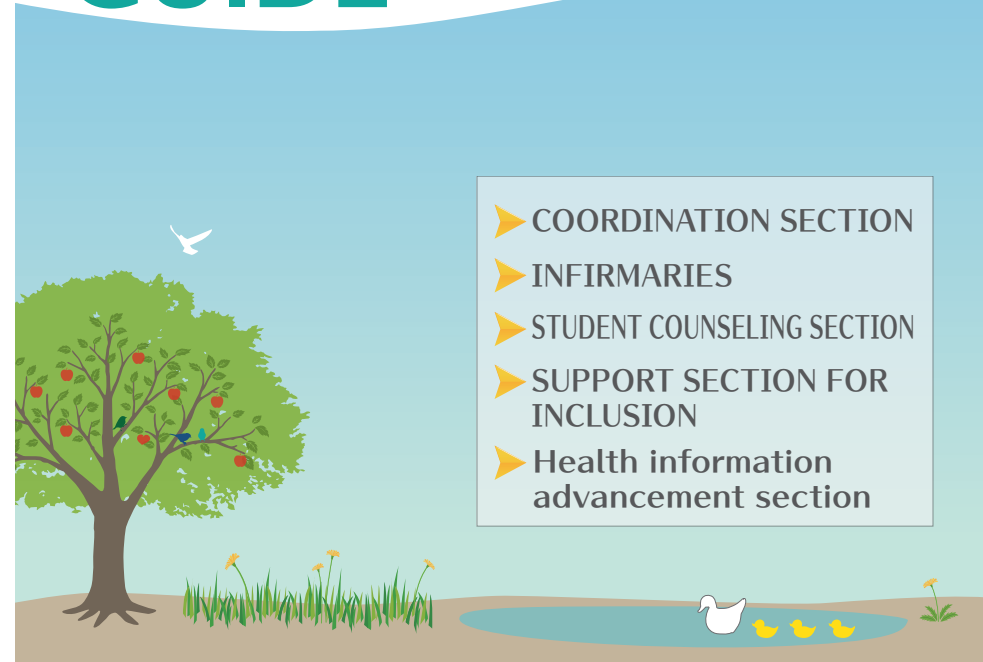
<https://www.chc.kyushu-u.ac.jp/>



About a logo.  
5 petals on the right end are added including the meaning that 5 sections of our center (Infirmaries, Student counseling section, Support section for inclusion, Coordination section and Health information advancement section) will jointly cooperate or split support as needed among them.

You can confirm the detailed activity contents and use time on the above Home Page. It's made on April 1, 2026.

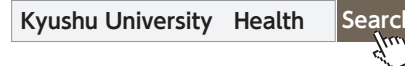
# KYUSHU UNIVERSITY CENTER FOR HEALTH SCIENCES AND COUNSELING GUIDE



- ▶ COORDINATION SECTION
- ▶ INFIRMARIES
- ▶ STUDENT COUNSELING SECTION
- ▶ SUPPORT SECTION FOR INCLUSION
- ▶ Health information advancement section

## CENTER FOR HEALTH SCIENCES AND COUNSELING

<https://www.chc.kyushu-u.ac.jp/>



Consultations are accepted by phone or in person, but you can also access to the web consultation reception using the following QR code and apply for the consultation.



There are various consultation and support desks available within the Kyushu University Center for health sciences and counseling including but not limited to physical health and disabilities with consultations by doctors, counselors, and a public health nurse but also consultations for people needing psychological disabilities support. These services are provided for students and the teaching staff members of Kyushu University who have concerns about the health status of their minds and body. In addition, we also provide cooperative support with similar health support organizations/facilities outside of the university.

Student and teaching staff member

## Center for Health Sciences and Counseling

### Coordination section

We will accept consultation requests from all students, teaching staff members and guardians, etc. We also provide cooperative support with similar health support organizations/facilities outside of the university.

### Infirmaries

In cases of the common cold, stomachaches sleep deprivation and physical injuries from accidents a routine physical examination will be performed. In addition living habit (movement, meals and sleeping arrangements) support is also provided for students and teaching staff members as well.

### Student counseling section

This is a place that students, including international students, use when they have some concerns and problems. For example, life, study, career, human relationships, etc. We also provide consultations from family members and faculty members regarding matters related to students.

### Support section for inclusion

Every attempt will be made to remove all barriers whether they are social or physical and good maintenance upkeep of the environment is always upheld so that students and teaching staff members with physical handicaps and medical chronic maladies a/intractable disease) and a teaching staff member can move about on campus in a timely and safe manner.

### Health information advancement section

Students' positive health, skill rise education of self-care and development of teaching materials are being advanced through sessions. Data about self-care is collected, concerning with learning and college life, We are analyzing and are working on information sending about a better campus life.

\* Consultation desks of our center are available on all campuses (see the image on the right).

\* You can also use the online reservation system. Please scan the QR code on the cover to access the online appointment booking form.

## Consultation reception desk

### Ito West Zone Branch

(3rd floor of West Zone 3)

☎ 092-802-3297

### Main office

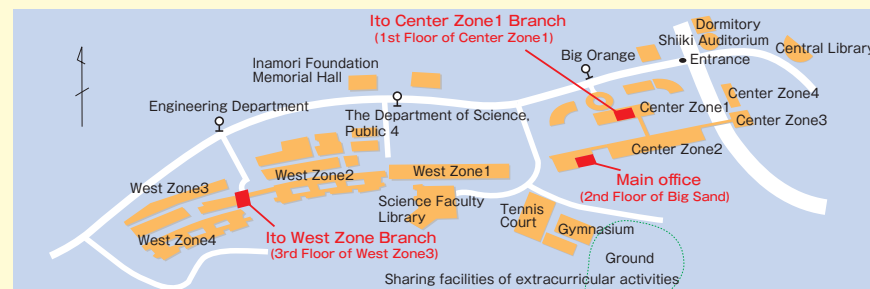
(2nd floor of Big Sand-Restaurant)

☎ 092-802-5881

### Ito Center Zone 1 Branch

(1st Floor of Center Zone 1 Build.)

☎ 092-802-5859 E-mail : inclusion@chc.kyushu-u.ac.jp



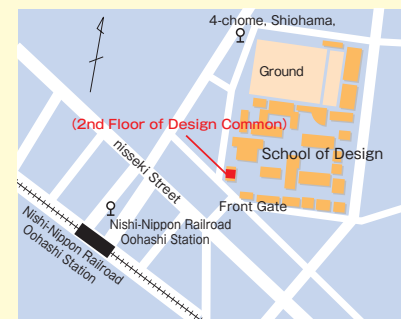
### Hospital Branch ☎ 092-642-6889

(Building of Administrative Offices of Research and Education on Maidashi Campus 1st Floor)



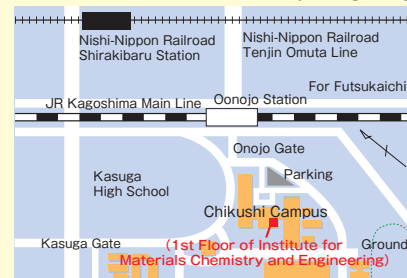
### Ohashi Branch ☎ 092-553-4581

(2nd Floor of Design Common)



### Chikushi Branch ☎ 092-583-8431

(1st Floor of Institute for Materials Chemistry and Engineering)



※The Chikushi Branch Office will be temporarily relocated to a different location.



## ➔ Coordination section

The Coordination section responsibilities include but not limited to, connecting our campus students with appropriate staff members or with outside campus personnel (guardians/family members) with first contact and one-stop-type processing.

### 1 The outside cooperation on campus

We will coordinate so that students and teaching staffs and persons who need support and the related people will be supported smoothly in cooperation with various support sections (internal and external), the various support institutions available outside university, and their related people(guardians・teaching stuffs).

### 2 Early Stage Responses

<Student>We will provide information about the supports to the newcomer students with the potential needs for the support and have an early meeting with them, hold a “startup explanatory meeting (September and March)” for the students who are having difficulty in unit acquisition (including returning students with registered absence from university), and approach to the students who are absent in specific class continuously.

<Teaching staff> Allows for teaching staffs to get in touch with necessary support with the supervisor of their workplace, the industrial doctor, and any support institutes outside the university.

### 3 Emergency Responses

Our role is to coordinate the After-care Follow-up team which consists of the staffs in this center.

### 4 Psycho-Educational activities

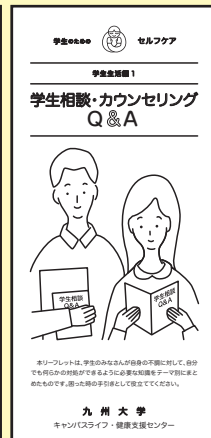
The purpose of the Psycho-Educational Activities is to develop plans and procedures for providing teaching students and teaching staff members in ways to promote self-care (Information on a self-care skill about health promotion of mind and body) is carried out by the making and distribution of school training, pamphlets and group activities.

### 5 Proposals for the establishment of additional procedures for all University students and teaching staff members in place support system.

We will analyze various data and make an effort toward grasping the needs of students and teaching staff members. We will cooperate with various sections in the center for health sciences and counseling (CHC) and propose additional types of support systems for establishment.

※ As far as there is no permission of a student in a question about information on student that we have. it isn't possible to answer (Except for emergency cases.)

## [Examples of tasks of Coordination section]



### [Self-care materials]

Various self-care materials have been collected and are in each theme and included in the leaflets. The leaflets are available at the CHC branch in each area.

### [Start-up explanatory meeting]

The purpose of the explanatory meeting is to enable students to get basic information about enrolling in key educational subjects.

## Procedures

- (1) Open : Monday to Friday (except for holiday), 10: 00-17:00
- (2) Reservation Procedures : If you can make an appointment with us beforehand, which is highly suggested, do so via e-mail or phone call. This will ensure your interview will proceed smoothly and provide proof of registration.  
TEL:092-802-5881 E-mail:kucr@chc.kyushu-u.ac.jp
- (3) Access : 〒819-0395 744, Motooka, Nishi-ku, Fukuoka-city, Ito Campus, The 2nd Floor of Big Sand.  
Consultation in each area is also available.  
Please inquire any time.



## COORDINATION SECTION

# ➔ Infirmaries

The following services are available for all students and teaching staff members free of charge. The individual's privacy concerning check-ups and consultations are confidential and protected. Please feel assured and confident that you may use it at any time.

## 1 Public health consultation (physician and public health nurse)

General health consultations, medical examinations and treatment plans by a physician and public health nurse are performed. Early-stage treatment and appropriate advice are given according to the level of sickness and the injury. We will also introduce a medical specialist from outside the university environment as needed. Since consultation day is different in each area, please check what day it is for each infirmaries.

## 2 Mental Health Counseling (psychiatrist)

A psychiatrist is available for advice aimed at mental health improvement i.e. "I can't sleep." "Feeling depressed." "Depression doesn't clear up easily." "Anxiety is intolerable." "Extreme lack of patience and/or Irritability" and "Lack of Will to Do." When symptoms of the above-mentioned appear, make a mental health counseling appointment as soon as possible. However, as a general rule, the medical treatment is limited for the students only, and the amount of medication and the treatment period will be minimum necessary. If the symptoms are severe, the case may be referred to a medical agency outside if necessary. Again, consultation day is different in each area, so please check the time in each infirmaries.

## 3 Healthiness support and health guidance.

We provide guidance on improving lifestyle habits, guidance on quitting smoking, and dissemination of information on infectious diseases. In addition, physical measurements (height, weight, body fat percentage) and blood pressure can be measured.

## 4 Periodic Medical Check-ups for Students

Every April, each campus conducts regular health checkups for students. Please be sure to visit the doctor to check your health. Those who have undergone the regular health checkup for students can receive a health checkup certificate from the automatic issuing machine (free of charge).

## 5 Industrial insurance activity.

We perform many activities, targeting the health, the improvement of work environment and the maintenance of the teaching staff members who work in the University.



## Procedures

(1) Open : Monday to Friday (Except for Holiday), 9:00-17:00

(2) Procedures :

Reservation is not required for general health consultation (physician).  
A mental health counseling (psychiatrist) is a reservation system.  
Please make inquiries to each consultation room about medical examinations and treatment time.

(3) Access :

Ito Campus center zone

092-802-5881 (2nd Floor of Big Sand.)

Ito Campus west zone

092-802-3297 (3rd Floor of West Zone 3)

Hospital Campus

092-642-6889 (1st Floor of Administrative Office)

Chikushi Campus

092-583-8431 (1st Floor of Institute for Materials Chemistry and Engineering)

Ohashi Campus

092-553-4581 (2nd Floor of Design Common)

※Infirmery in Chikushi Campus will be moved to other location due to the temporal campus relocation. The due date is unsettled, so please check the HP.



## → Student counseling section

This counseling room is for all undergraduate and graduate students. We are willing to discuss campus life, study/career paths, and personal relationships with other people. All of our counselors are licensed clinical psychologists. We take the privacy of our consultations very seriously. For international students, counselors who speak English and Chinese will be available. If necessary, we may refer you to a student counseling faculty member at your faculty/graduate school for advice on specialized topics such as how to take courses, how to study, and future career paths. We have received various consultations such as the following.



### Matters related to study, research, and career paths

- I entered university, but I lost sight of the purpose of my university life.
- I don't know how to study for particular subjects, or I have difficulty getting credits in general.
- I am thinking about changing course, changing departments, retaking exams, etc.
- I don't want to go to university because I don't have the motivation to study.
- I'm having trouble finding a job and I don't know what to do.

### About relationships and your personality

- I am having trouble with my friends.
- I am not good at communicating with people, so it is difficult to make friends.
- I have troubles with my seniors, supervisors, and professors in the laboratory.
- I want to examine my relationship with my parents.
- I am suffering from my sexuality.

### Life rhythm, school refusal, and withdrawal

- I don't feel interested in things and I don't want to go to college.
- It's hard to get up in the morning, which makes me hard to attend classes in the morning. I end up taking a day off.
- I haven't come to university for a long time.

### Mental problems, lack of motivation, and lack of energy

- It's difficult to get things done because of my mood swings.

### About student Life after leave of absence and return to School

- I want to consult about taking a leave of absence or returning to school.

### About your friends

- A friend of mine isn't feeling well and hasn't come to college lately.
- I have a friend who is having trouble with other people. What should I do?

### Various problems in your student life

- I have some problems at a circle or part-time job.
- I was financially damaged by malicious solicitation.

### About studying abroad and different cultures

- I've decided to study abroad, but I'm worried about something.
- It's hard for me to adjust to Japanese culture and human relationships.
- I can't make friends with Japanese students.

### Procedures

- (1) Open : Monday to Friday (except for holiday), 10:00-17:00
- (2) Procedures: Please fill in the consultation reception form on our website.  
<https://www.chc.kyushu-u.ac.jp/~webpage/english/index.html>
- (3) Access :

Ito Campus Center Zone  
092-802-5881 (2nd Floor of Big Sand)

Ito Campus West Zone  
092-802-3297 (3rd Floor of West Zone3)

Hospital Campus  
092-642-6889  
(1st Floor of Administrative Office)

Chikushi Campus  
092-583-8431(1st Floor of Institute for  
Materials Chemistry and Engineering)

Ohashi Campus  
092-553-4581  
(2nd Floor of Design Common)



↑ Follow us on X.



↑ Follow us on Instagram.



# Support section for inclusion

## 1 Construction of university-wide system for promoting reasonable accommodation

To promote the university wide support system, we will enforce a regulation that creates a foundation of accessibility for persons with disorders/disabilities.

## 2 Security of study and a starting working chance.

Consultation of a student or teaching staff member with a identified handicap (including chronic malady and incurable disease) will be performed with all information kept in confidence as in the other studies and starting working, etc. which will offer a rational solution between the school and the affected student considering the accessibility and support equipment, etc.

## 3 On campus and local cooperation

Information is sent to an examinee with a handicap with a high expectation of cooperation and mutual understanding and advanced through university combined briefing sessions and open campuses, etc. We will cooperate with a specialized agency and a related section on campus for medical treatment, welfare, starting working and each industrial range.

## 4 Spatial accessibility

Teaching staffs who have the expertise from various fields led by "Rakuchin Lab" consider about the on-campus accessibility and make adjustment to the campus environment from the perspective of persons with disorders/disabilities.

## 5 Personal support

We implement the personal support relating to the reasonable accommodation and group activities and carrier support for the students and teaching staffs with disorders/disabilities (including chronic disease and intractable diseases).

## 6 Accessibility education

Through the accessibility leader development program and various trainings (note-taking, sign language, guide help, etc.) based on the following courses, we are cultivating accessibility peer supporters who carry out activities to improve accessibility on campus.

### [Key educational course]

Overall subject (frontier course) : "Accessibility guide", "Barrier free support guide", "Universal design study", "Accessibility support guide" and "Accessibility basis".

(Open course) : "Introduction to Accessibility Peer Support", "Accessibility Peer Support Practice"

(Senior key educational course) : "Accessibility management study"

### [Specialty educational course]

Department of education : "Accessibility psychology lecture - I", "Accessibility psychology lecture - II", "Accessibility psychology practice - I" and "Accessibility psychology practice - II".

## 7 Survey and research

We promote the understanding and awareness about the support for persons with disorders/disabilities through the training sessions and awareness surveys to the teaching staffs.

## Procedures

(1) Open : Monday to Friday (except for holiday), 9: 00-17:00,

(2) Procedures : If you can make an appointment by phone or e-mail beforehand, the interview process will run more efficiently.

You can also apply for reasonable accommodation from this link.

<https://rasys.kyushu-u.ac.jp/>

(3) Access

Ito Campus (1st Floor of Center Zone 1)

TEL 092-802-5859

E-mail : [inclusion@chc.kyushu-u.ac.jp](mailto:inclusion@chc.kyushu-u.ac.jp)



E-mail



Home Page

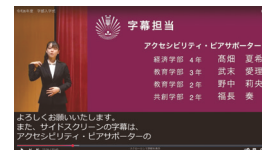


Facebook



Logo Mark made by the student at the session in fiscal year 2015.

"Persons with disabilities, The noticing switch-on with which the social point of view changes!"



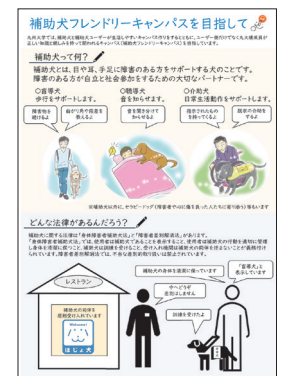
Information Accessibility in Ceremonies



Support for Students with Developmental Disorders



Educational Comic on Developmental Disorders



Friendly Campus for Assistance Dogs

Activities of Accessibility Peer Supporters

## Health information advancement section

We conduct epidemiological surveys, research, and support through population health support (population approach) for the purpose of supporting and improving the physical and mental health of students and faculty members. In addition, we also provide personalized health services such as exercise and relaxation.

### (1) Student Mental Health surveys

As support services for students, we conduct epidemiological surveys on lifestyle and mental health, as well as epidemiological surveys on lifestyle and mental health of international students in English courses.

According to the research conducted by the student survey of Kyushu University, "Lifestyle affects academic performance."

- I have a regular life.
- I study at least one hour a day.
- I play games for less than an hour a day.
- I do moderate exercise.
- I eat breakfast every day.
- I usually eat on time.
- I get up before 7 a.m.
- I do not have the habit of drinking alcohol.

The more items that fit your situation, the lower the risk of poor performance.



### (2) Improving the environment in training room in gymnasium

In gymnasium, students and teaching staffs can use the training room for improving their physical and mental health. Health information advancement section is promoting the more accessible environment for exercising and training in cooperation with health and sports classes of KIKAN education.

In cooperating with the sections of Extracurricular / Student-Led Activities facilities, we are considering the improvement of the facilities/equipment and effective utilization, and aiming for the facility where everyone, from the beginner to the experienced, can use at ease.



### (3) Producing online teaching materials for health promotion

As part of research on health promotion support for students and faculty members, we conducted practical research on the remote lifestyle assistance program using IT technology based on the motto "anyone, anytime, anywhere." We produce various health promotion videos online and post them on the Center for Health Science and Counseling website as needed.



#### ● Relaxation



#### ● Stretching



#### ● yoga



### (4) Health and physical education courses : conduct adapted courses.

We are cooperating with health and physical education teaching group members to conduct adapted courses.

E-mail ✉ [shpi.daihyo@chc.kyushu-u.ac.jp](mailto:shpi.daihyo@chc.kyushu-u.ac.jp)

