

The Student Counseling Room

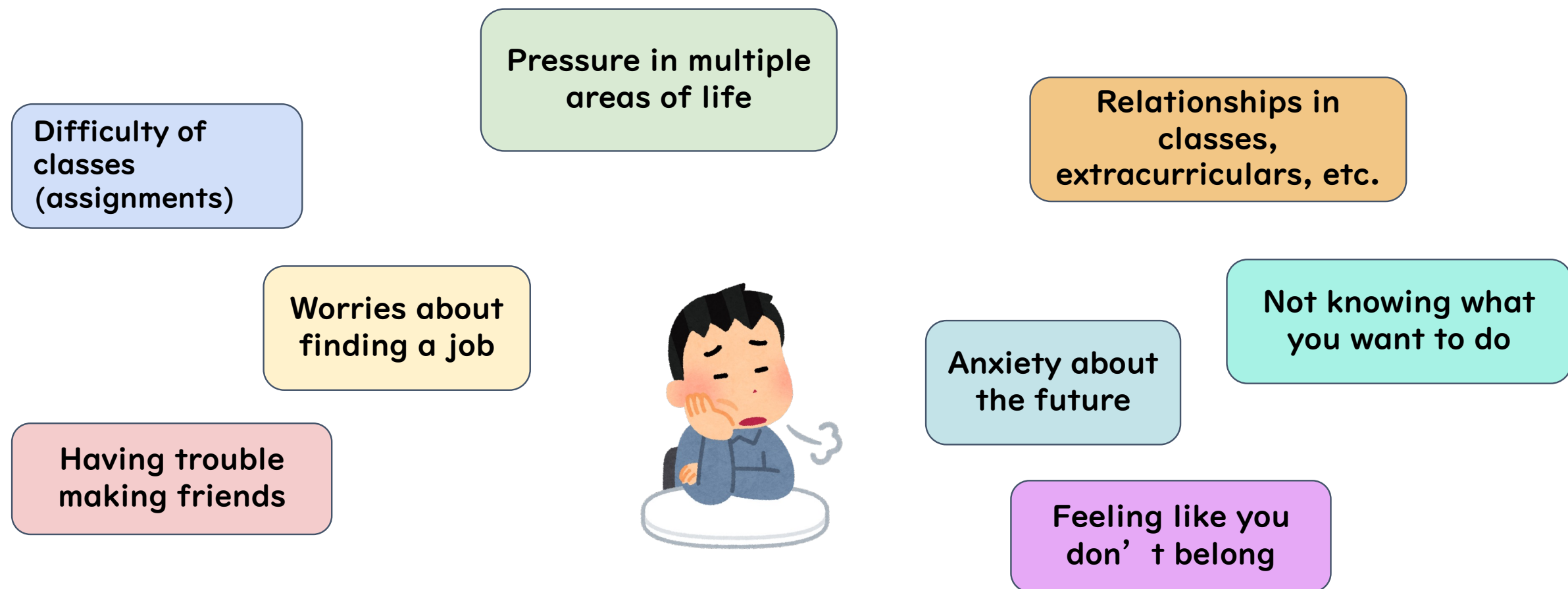
◁English-speaking Counselors▷

Midori Takahashi (Clinical Psychologist)

Ayako Takaoka (Clinical Psychologist)

Many kinds of difficulties and stresses

You may encounter various difficulties and stressful situations while studying in Japan.



Anyone could have stress.

Overworking yourself with too much stress can lead to a loss of physical and mental balance.

Scan the QR code to learn more about stress care.



What is the Student Counseling Room ?

We assist with

- Academic studies
- Extracurricular activities
- Life planning and career guidance
- Interpersonal relationships
- Queries regarding personality/behavioral concerns
- Physical and mental health issues
- Other issues that arise as part of student life

Confidentiality

All personal details and the content of all counseling sessions are confidential.

*There are some exceptions to confidentiality. If you have any questions or concerns about the Student Counseling Room confidentiality policies, please contact us.

How to use the Student Counseling Room

Counseling Services

- Counseling sessions can be conducted in person, by phone, or online.
- Counseling Service is available in both English and in Japanese
- The Counseling Rooms at any campus are available regardless of your affiliation.

Making an appointment

Consultations must be reserved in advance.

To request an appointment, contact the Counseling Room in person or by phone.

Location

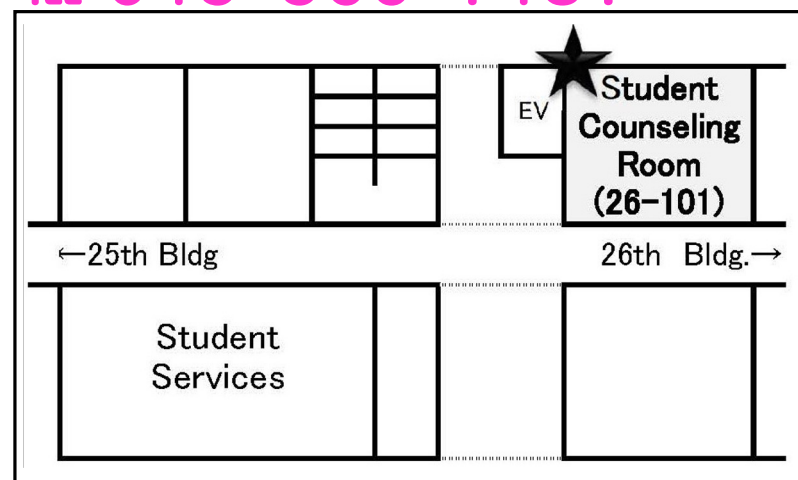
Yagami Campus

10:00 AM - 5:00 PM
Room 101, 1F 26th
Bldg.

*English is available :
Monday, Thursday,
Friday(AM)
10:00 AM - 5:00 PM*



TEL 045-566-1431



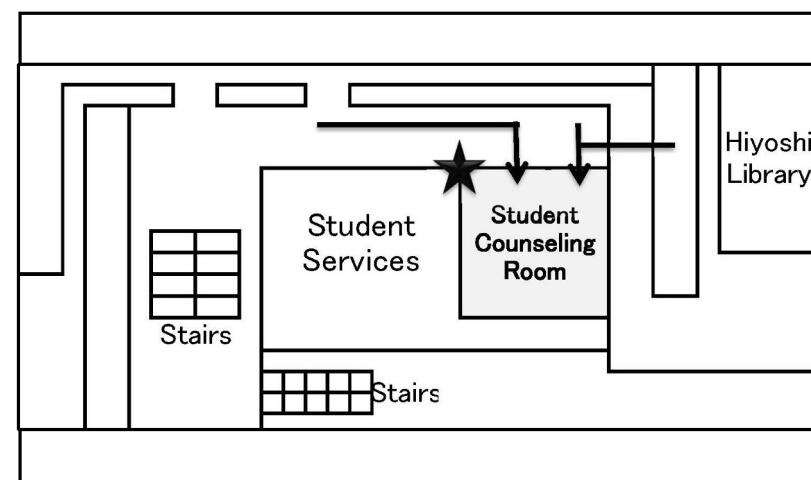
Hiyoshi Campus

9:30 AM - 4:30 PM
1F, 4th Bldg., Independence
Wing(Dokuritsukan)

*English is available :
Monday, Tuesday, Wednesday,
Thursday, Friday(PM)
9:30 AM - 4:30 PM*



TEL 045-566-1027



Mita Campus

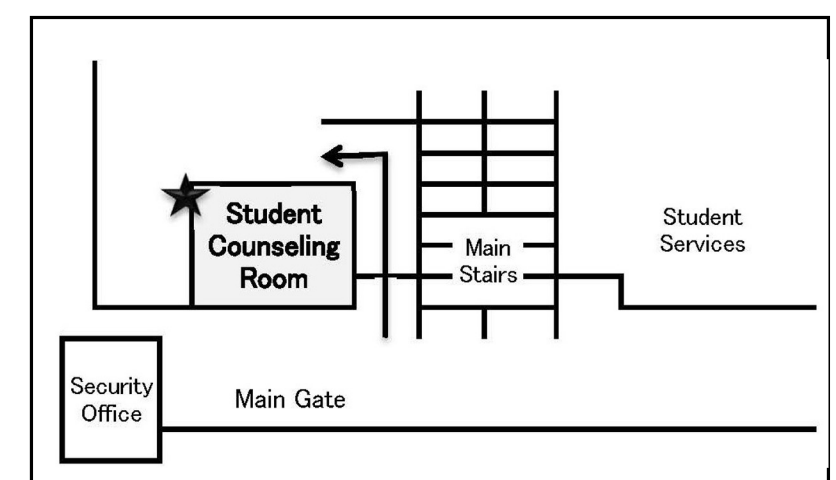
9:30 AM - 4:30 PM
B1F, South School
Building

*English is available :
Wednesday, Friday*

9:30 AM - 4:30 PM



TEL 03-5427-1575



Have a wonderful student life
at Keio University.