

## **Childline Japan**

Childline Japan is open from 4 pm to 9 pm for all children and young people in Japan who are in distress, in crisis, or at risk of suicide.

***Tel: 0120-99-7777***

## **Inochi no Denwa Suicide Hotline**

Inochi no Denwa Suicide Hotline offers emotional support and assistance to people in Japan who are in distress, in crisis, or at risk of suicide.

***Tel: 03-6634-2556***

## **Tell Japan**

TELL Lifeline provides emotional support to people all across Japan who are in distress and may be at risk. It opens 9 am – 11 pm every day.

***Tel: 03-5774-0992***

## **BI Suicide Prevention Centre, Osaka Helpline**

BI Suicide Prevention Centre Osaka Helpline offers suicide prevention counseling in Osaka. Osaka Helpline is available from Friday 13:00 to Sunday 22:00.

***Tel: 81 (0) 6 4395 4343***

あなたのいばしょ **Anata no Ibasho (Ibashochat.org)**

あなたのいばしょ **Anata no Ibasho (Ibashochat.org)** offers 24/7 emotional support to people in Japan who are struggling or at risk of suicide.

**Chat: <https://talkme.jp/chat>**

**岩手自殺防止センター (Iwate Suicide Prevention Center)**

**The Iwate Suicide Prevention Center is a volunteer organisation that provides mental health support to people who are struggling or at risk of suicide.**

***Tel:* 019-621-9090**

**BW Tokyo Japan**

**BW Tokyo Japan offers free, confidential emotional support for the distressed, depressed & suicidal people in Tokyo. The line is available from 20:00 to 05:30 every Mon., Wed., Fri., Sat., Sun., from 17:00 to 02:30 every Tue., and from 20:00 to 02:30 every Thu.**

***Tel:* +81 (0) 3 5286 9090**