



Toll-Free Call

0120-279-338

よりよいホットライン
Helpline for Foreigners

We will provide help for any problem that you may encounter.
Our staff will work with you to find a solution.

Toll-Free



Call the toll-free number and after the Japanese guidance, press 2.

*The toll-free number is accessible from anywhere within Japan

*Your privacy will be protected

Our specialists are waiting to answer your calls.
Please don't take the entire burden on yourself, and call us for help.

We have a special line for suicide prevention, domestic violence, sexual violence and sexual minorities.

I want to stay in Japan, but I don't know how.

I'm being discriminated, but I can't tell anyone.

My earnings are unstable, and I can't see my future.

I am deeply in debt

I can't follow the procedures at public offices because I can't understand Japanese.

I feel uncomfortable about my sexuality.

I feel so lonely that it is painful just to live.

My family lives apart, and I am sad.

I want to enter a local school, but I don't know how.

I'm suffering from domestic violence but I can't tell anyone.

I want my worries heard and questions answered in my own language.

I was fired without any reason.

● We are here to answer any troubles that you may have.

Life, Work, Housing, Suicidal Thought, Mind and Heart, Family, Money, Illness, Handicaps, Crime, Sex, Domestic Violence/Sexual Violence, Children, Law and Legal Procedures, Administration and Various Official Procedures, Education, Human Relations, Foreign Nationality, Disaster-Stricken Area/Nuclear Reactors, Others

Call



よりそい
ホットライン

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*Our number can be accessed from mobile phones (PHS) and public phones.

Call the toll-free number and after the Japanese guidance, press 2.

Hours of Service (English)

Monday	10:00 to 22:00
Tuesday	10:00 to 22:00
Wednesday	10:00 to 16:00
Thursday	16:00 to 22:00
Friday	10:00 to 16:00
Sunday	10:00 to 22:00

The goal of 社会的包摂サポートセンター is to realize a society in which everyone can have a sense of "belonging" and "being needed". For this goal, we provide a wide array of support projects to those who are vulnerable to social marginalization (e.g. people in poverty, foreign nationals, sexual minorities, victims of domestic violence/sexual violence, the handicapped, the homeless, those with multiple debts, single parent households)

一般社団法人 社会的包摂サポートセンター <http://279338.jp/>

The personal information collected through our support service will not be disclosed to third parties without the consent of the client, unless disclosure is enforced by law.

The information collected through our support service may be used for statistical purposes, under the premise that individuals may not be identified. Please refer to our website for detailed information.