



We'd like to ***TELL*** you about  
our organization....

# *What is TELL?*

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- TELL is an accredited non-profit organization that has been providing confidential support & western-style counseling to the international and Japanese community for almost 40 years.
  - A registered non-profit organization
  - An affiliate of Life Line International
  - A member of Inochi no Denwa Federation
  - Accredited by The Samaritan Institute
- It is run by a volunteer Board, some salaried professionals, and many passionate volunteer counselors.



# Our Board Chairman

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## **Tsuyoshi Akiyama, M.D.**

Director of Department of Psychiatry, Kanto Medical Center, NTT East

Tsuyoshi Akiyama joined TELL in 1982. He has served TELL as phone counselor (1983-1984), referral psychiatrist (since 1983), TCCS therapist supervisor (1991-1998), Board member from 1995, acting Clinical Director (1998) and as Chairman of the Board since 1999.

He graduated from Tokyo University in 1979 and has been practicing psychiatry in Japan ever since.

In addition to his service for TELL, he currently serves as Secretary of Finances for the World Psychiatric Association, as a board member for World Federation of Mental Health, the Japanese Society of Psychiatry and Neurology, and the Japanese Society of Transcultural Psychiatry.

In 2008 Dr Akiyama received the Tokyo American Club Distinguished Achievement Award for his activities for TELL. Additionally, Dr. Akiyama was awarded the Samaritan Institute Certificate of Honor in 2010 for his work on behalf of TELL.



# Our professional Directors

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**Jason Chare, M.A.**  
Director,  
Life Line Services

Jason Chare has a degree in psychology from University College London (UCL) and a Masters degree in Japanese from the University of Essex. A long term resident of Japan he has spent the last 7 years working in the non-profit sector and has worked as the Director of Life Line Services for TELL since July 2007.



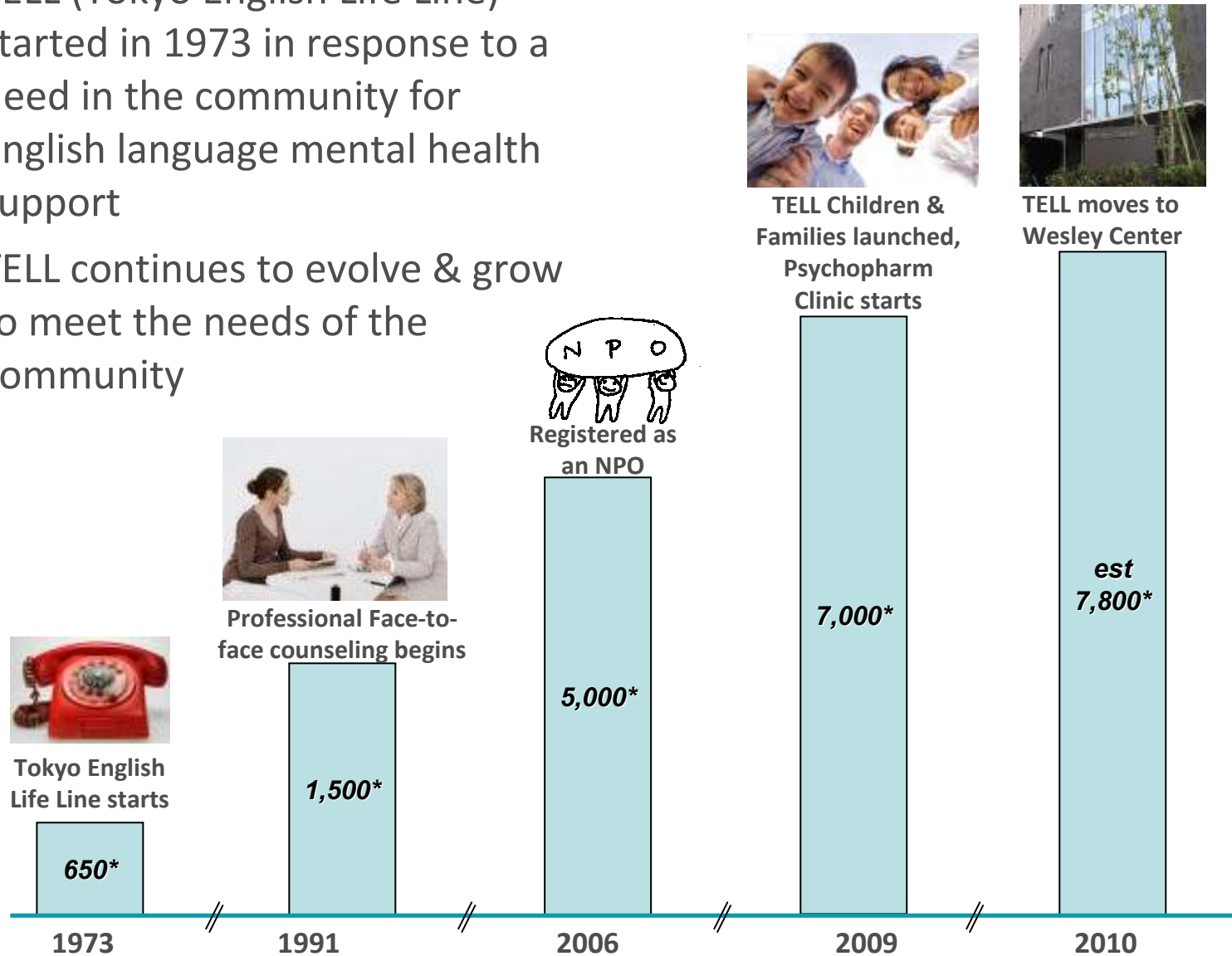
**Linda Semlitz, M.D.**  
Clinical Director,  
TELL Counseling  
Center

Dr. Semlitz is an American trained and board certified General and Child Psychiatrist, and obtained her medical degree at Brown University. Dr. Semlitz has practised psychiatry for over 25 years in the USA, Hong Kong and Singapore and now offers clinical supervision, assessments, and psychotherapy in Japan. She has held academic appointments at Columbia University, Oregon Health Sciences University, Chinese University of Hong Kong, and National University of Singapore. She was the Medical Director of Merck, Sharp & Dohme, in Hong Kong, and Director of Medical and Scientific Affairs at Banyu, Japan. Dr Semlitz is a former member of the TELL Board of Directors



# TELL has served the community for nearly 40 years

- TELL (Tokyo English Life Line) started in 1973 in response to a need in the community for English language mental health support
- TELL continues to evolve & grow to meet the needs of the community



\* Calls to the Life Line



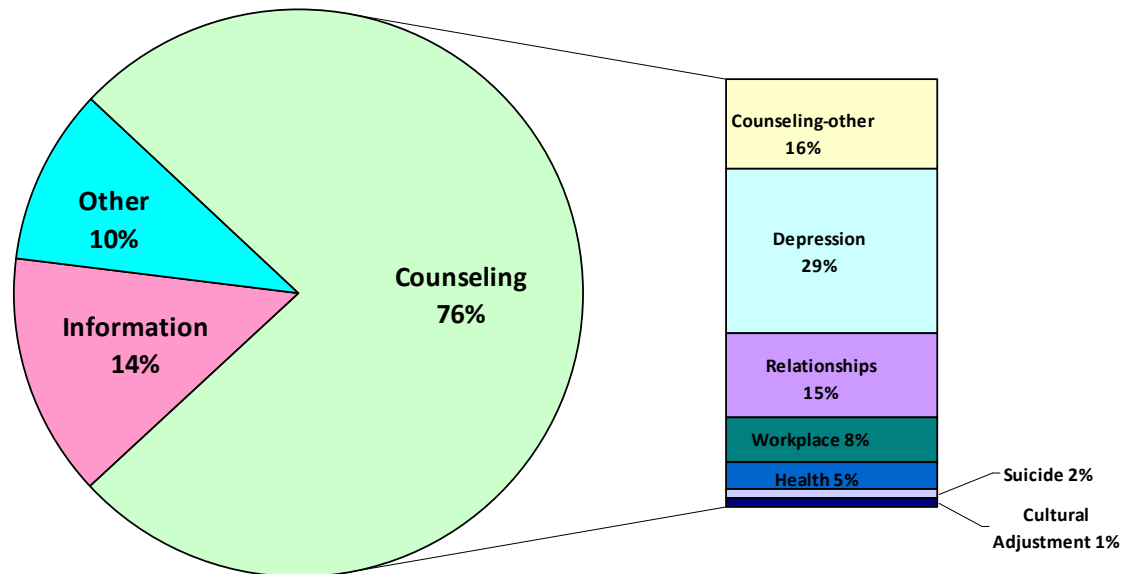
# The Life Line



- Free anonymous telephone counseling, in English, by trained volunteers 9 am-11 pm daily
- Accessible anywhere in Japan
- Responds to 7,000-8,000 calls per year
- 60% of the callers are Japanese
- More than 75% of the calls are for counseling

*“I put myself and my own concerns aside for a few hours and am there solely for the caller.”  
...so many times I think “I’m glad that TELL was there for the caller, when no-one else was.”*

*Anonymous telephone counselor*



# TELL Counseling Center

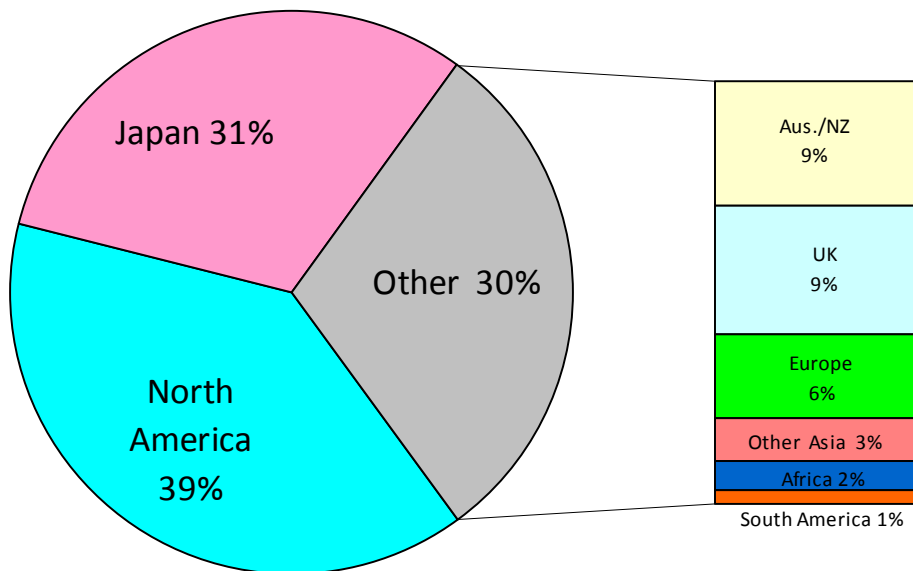


TELL Counseling Center is the only professional counseling center in Japan staffed by licensed internationally trained professionals and accredited by the Samaritan Institute.

In 2008, approximately two-thirds of clients were non-Japanese.

**TELL counseling** offers:

- Multi-lingual, confidential, face-to-face counseling
- Employee Assistance Programs
- Psychiatric evaluation and medication
- Professional Workshops
- Flexible fees, depending on ability to pay



# TELL Children and Families



- A team-based approach by internationally trained licensed specialists
  - Multi-disciplinary
  - Multi-cultural
  - Multi-lingual
- Confidential assessments, counseling, psychological testing, resource provision
- Flexible fees

## Outreach:

- Child Protective Services
- Exceptional Parenting Program
- School Life Line Awareness Program
- Teen Suicide Awareness Program
- Professional workshops to educators, parents, and youths

*“People looked at me as a foreigner even though I am Japanese. Many of their words hurt me. I can’t sleep at night.”*

*Japanese returnee student*



## ***TELL is the first stop for the International and Japanese community when families are in trouble***

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- The investment to bring a top-level employee (plus family) to Japan is usually 3-4 times base salary (~\$750k plus)
  - Salary & Bonus
  - Relocation costs
  - School fees, housing, cost-of-living adjustment
  - Home leave
  - Transportation, TAC etc
- If the assignment doesn't work out, the costs are significant:
  - Relocation costs
  - Lost tuition and lease penalties
  - Business interruption
  - Loss of morale/productivity for individual and team
  - Replacement recruitment costs

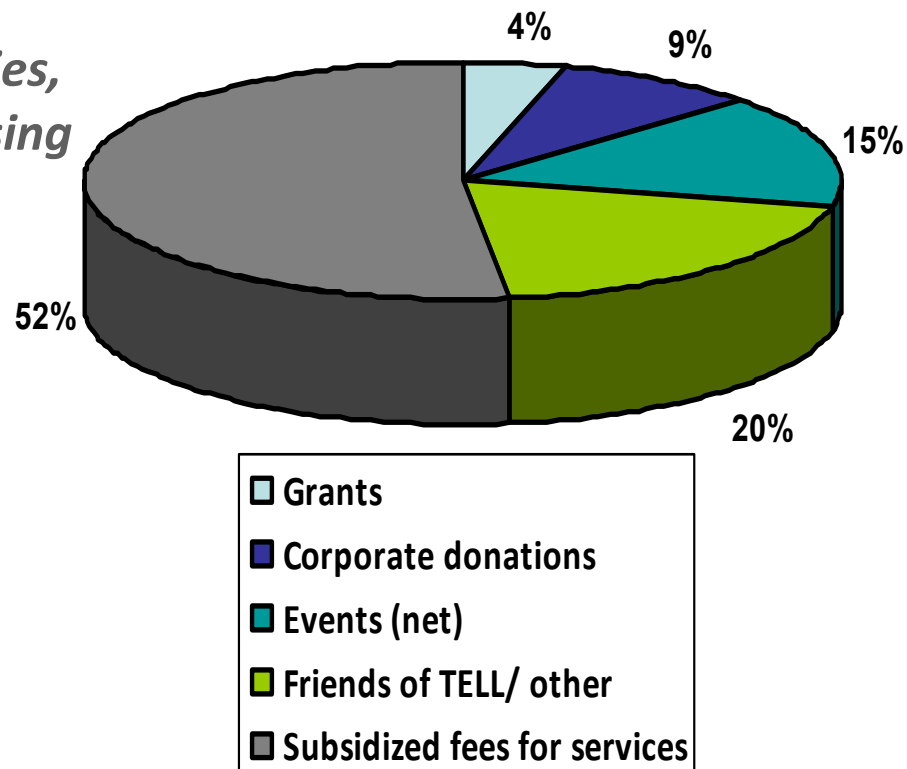


# TELL's continued operations depend on donations

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*Just over 50% of TELL's operating budget comes from fees for Counseling services.*

*The other 50% is from Donations – from Companies, Individuals and via fundraising at Events.*



# **“Our Heroes”** (2009-2010 Supporters – in cash & in kind)

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## Corporate Grants

- Deutsche Bank
- Ichigo Asset management
- Morgan Stanley
- TACWG
- Tokyo Union Church
- Goldman Sachs
- Mitsubishi
- State Street Bank

## TELL move

- Lambiasi and Hayashi Architects
- Steelcase Furniture
- Zai Nippon Interboard
- Senkyoshi Shadan
- Allied Pickfords
- JOHO Technology

## IT Support

- Blue Java
- GOL
- PBXL
- Salesforce.com

## Others

- Skadden Arps
- Bain
- PricewaterhouseCoopers
- ACCJ

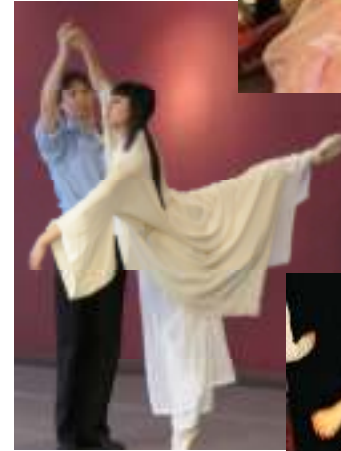
...and many more fantastic individuals that help TELL in providing support to the community.....



# How We Fundraise

- 3 fundraising events per year
  - Ballet for Children
  - Runathon
  - Connoisseurs Auction

*(mark the date! - TELL's 15th Annual Connoisseurs' Auction at the Residence of the Italian Ambassador on Friday, November 5th)*
- Corporate donations
- Friends of TELL
- Grants for specific projects and for subsidizing counseling



## ***TELL needs your support***

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- Financial contributions
- Financial support via fundraising events (sponsorship, prizes, participation)
- Donate “in kind” skills (IT support, translation, phone counselors, professional skills, website support, at fundraising events) and meeting space, equipment



# ***Your Financial contribution will provide:***

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**¥500,000** 100 Shifts on the Life Line  
training for 8 new Phone Counselors  
33 subsidized hours of face to face counseling.

**¥300,000** Assessment, testing, therapy and resource  
coordination for a child.

**¥100,000** 20 Shifts on the Life Line  
training for 2 new Phone Counselors  
7 subsidized hours of face to face counseling.

**¥50,000** 10 Shifts on the Life Line,  
training for 1 new Phone Counselor  
3 subsidized hours of face to face counseling.

**¥25,000** 5 Shifts on the Life Line  
2 subsidized hours of face to face counseling.



# ***Why should you consider helping TELL?***

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- TELL supports the Japanese & international community facing issues at work, in school & in their personal lives
- When you help TELL you can be sure your generosity is directly supporting the community.
- You will be connected into the TELL family-of donors, events, supporters.
- If you get involved, you may be able to develop skills to add to your resume.
- TELL is a worthy (and grateful!) recipient of any support you care to offer.



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***So, what do you say?***



# Visit us at [www.telljp.com](http://www.telljp.com)



[Get Help](#) | [Support TELL](#) | [Events](#) | [About TELL](#) | [MAP](#)



Need help? Call us.

→ **Life Line 03-5774-0992**

Free, anonymous telephone counseling. 9am - 11pm daily

→ **TELL Counseling**

Professional face-to-face counseling in Tokyo and Yokohama on a flexible-fee basis.

→ **TELL Children and Families**

Professional counseling, assessments and testing.

→ **Online Resources**

Online support services for the community

Stay in touch with TELL.....



TELL's Email Magazine and Newsletter



**What's new at TELL?**

- 2010.07.02 Summer 2010 Newsletter Out Now!
- 2010.05.19 Tributes to Former Board Member, Kathy Pike
- 2010.04.27 Chair of TELL Board Receives Award
- 2010.04.06 Spring 2010 Newsletter out now!!

**Support TELL**

→ **Donate**

Please help us continue our work by becoming a donor.

→ **Membership**

Become a "Friends of TELL" Member

→ **Corporate Partnerships**

Support TELL as part of your organization's CSR program.

→ **Volunteer**

Would you like to contribute to your community?

**Newsletter**



**Workshops**



**Mental Health News**



# Contact TELL

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## TELL Offices:

Wesley Center 2F,  
6-10-11 Minami Aoyama, Minato-ku,  
Tokyo 107-0062

Business TEL: 03-4550-1191

Business FAX: 03-4550-1192



Life Line: 03-5774-0992

TELL Counseling Center: 03-4550-1146

