



LIFE LINE

Accessible anywhere in Japan, the Life Line offers free, anonymous, and confidential telephone counseling from 9:00am~11:00pm, 365 days a year.

- Telephone counselors are extensively trained to provide support on a wide range of issues in English.
- Issues include: relationships, depression, anxiety, HIV, cultural adjustment, pregnancy, as well as emergency situations, issues relevant to young people, and suicide.
- Sometimes we just need to talk. Whether the problem is big or small, whether you are young or old, from the Japanese or international community, TELL is here to listen.
- The Life Line also provides information on a broad range of English-speaking services in Japan. Our online directory (Wiki-TELL) is also available through the TELL website.

Outreach and Support

- Suicide Prevention and Intervention workshops for educators, parents and the general public. Check the TELL website for details.
- WB-DAT web-based depression and anxiety test.



**Need to talk?
We're here to listen!**



COUNSELING

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

- Multilingual experienced professionals from the fields of psychology, psychiatry, social work, counseling, and family therapy.
- Confidential assessments, psychological testing, counseling, and therapy for adults and couples.
- Bilingual psychiatric consultation and prescriptions at our onsite Psychopharm Clinic.
- Two locations: Minami Aoyama and Yokohama.
- Flexible fee schedule and subsidies are available.

Outreach and Support

- Employee Assistance Programs (EAP) serving over 20 companies.
- Professional Workshops on a variety of mental health topics for corporations and organizations.
- Networking with psychiatrists, mental health professionals and hospitals.



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

Website: www.telljp.com



CHILDREN & FAMILIES

Is your child struggling in school? Having problems with behavior at home? Wondering what this is all about?

- The TELL Children & Families Team is a multi-lingual group of experienced professionals from the fields of psychology, psychiatry, social work, and family therapy.
- The team provides assessments, evaluations, formal testing, counseling and therapy for children and teens with learning, emotional, behavioral and/or family problems.
- The team evaluates and treats children with a variety of mental health and learning disorders including ADHD, anxiety, depression, developmental issues, and common problems with learning and behavior.

Outreach and Support

- Child Protection Services: prevention and intervention for child abuse and neglect.
- Exceptional Parenting Program: networking, resources, support and speaker program for parents/educators of children with diverse needs.
- School Awareness Program: workshops to let young people know that TELL is a safe, anonymous, and confidential place to talk about issues.

Make an Appointment

03-4550-1146 (English)

03-4550-1147 (Japanese)

Clinical Coordinator will schedule the necessary appointments with counselors/therapists

Support TELL

TELL Life Line Counselors

*Make a difference in your
Community!*

TELL offers the **TELL Life Line Counselor Training Program** twice a year. A great opportunity for educational and personal growth leading to meaningful volunteer work that is challenging and rewarding. See the website for details.

TELL Volunteers

Looking for a way to give back to your community? TELL is always looking for volunteers: artists, clerical assistants, data entry assistants, designers, event volunteers, graphic designers, IT personnel, project managers, receptionists, project team members, translators, web designers and writers. Volunteer application forms on website.

Donate—Make a Difference

How donations are used

TELL relies heavily on individual and corporate donors, grants and volunteers to maintain its numerous programs. All donations to TELL benefit the community directly.

TELL is grateful to all donors. Together, we can make a difference!

Thank you for your help and support!

- Join Friends of TELL (membership)
- Make a donation
- Become a corporate sponsor
- Help with TELL Events
- Donate your skills/talents
- Become a TELL volunteer

**Events, Fundraising, and
Communications Coordinator**
03-4550-1191, Ext 213
event@telljp.com

TELL at a GLANCE

TELL Life Line receives approximately 7,000 calls per year from people all over Japan, approximately 50% Japanese and 50% foreigners.

TELL Counseling undertakes over 2000 hours of professional, face-to-face counseling every year in multiple languages—60% is subsidized.

TELL Children and Families is available for children, teens and families, providing professional, integrated counseling.

TELL has about 160 volunteers, more than half of whom are telephone counselors.

TELL Events include the annual Children's Ballet, Charity Walk and Runathon, Connoisseur's Wine Auction, workshops and other activities. We are very grateful for your contribution and support to TELL.

- **TELL Business Office**
03-4550-1191
03-4550-1192 (fax)
admin@telljp.com
- **TELL Counseling**
03-4550-1146 (English)
03-4550-1147 (Japanese)
clinical.assist@telljp.com
- **TELL Life Line Administration**
03-4550-1191, Ext 212
- **TELL Life Line**
03-5774-0992

www.telljp.com



Need to talk? We're here to listen!

- **Life Line**
- **Professional Counseling**
- **Children and Families**



Tokyo English Life Line is a registered non-profit organization
Affiliate of Lifeline International
Member of the Federation of Inochi no Denwa
TELL is accredited by the Samaritan Institute