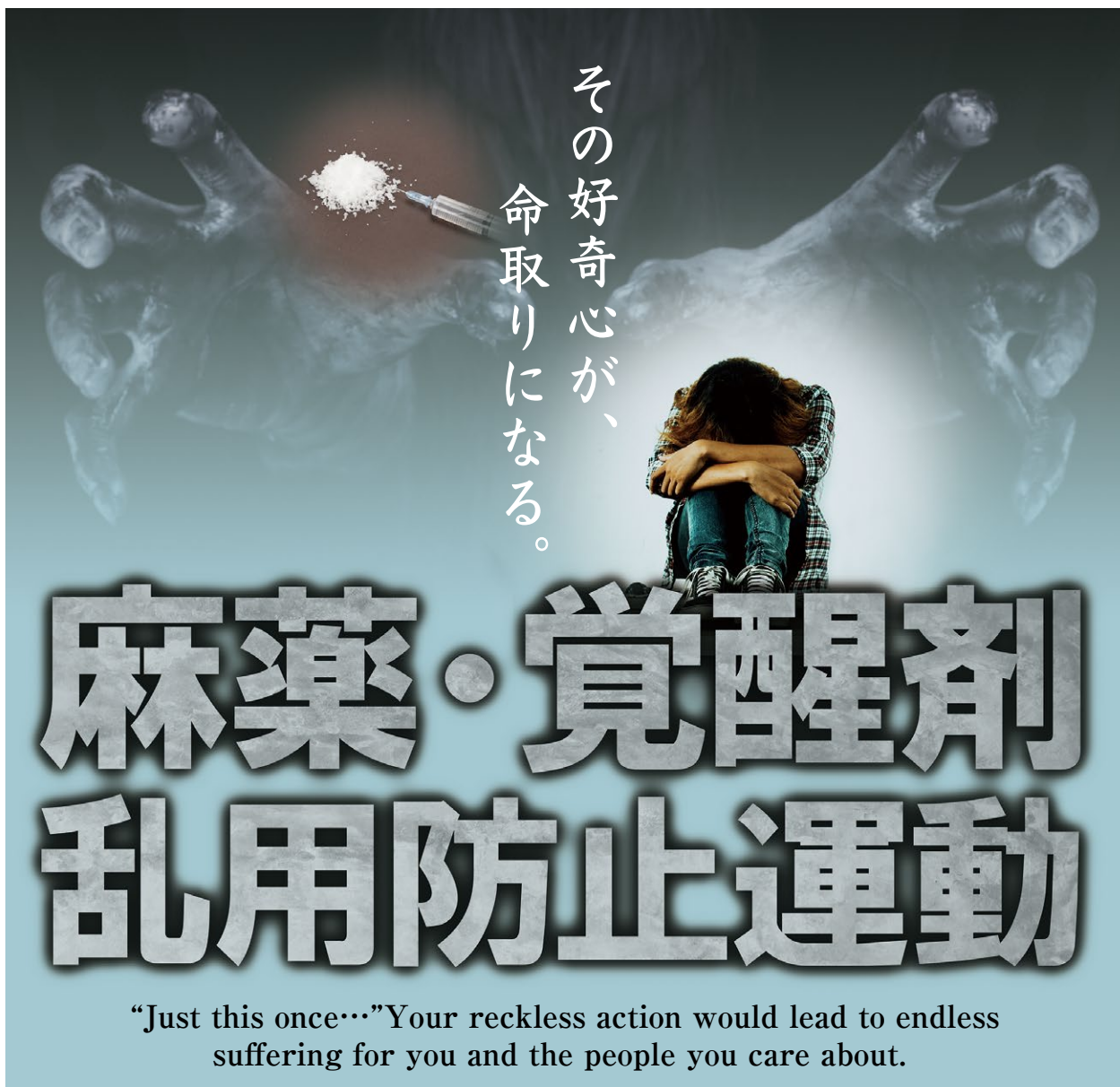


# Drug abuse will destroy you and your local community!



その好奇心が、  
命取りになる。

## 麻薬・覚醒剤 乱用防止運動

“Just this once…”Your reckless action would lead to endless suffering for you and the people you care about.

That curiosity is fatal.

Movement to prevent abuse of narcotics and stimulants

**Ministry of Health, Labour and Welfare; Prefectures**

Support: Drug Abuse Prevention Center

**Abuse of drugs, such as stimulants, narcotics, cannabis, and other dangerous drugs, will do immeasurable harm to your health as well as the people around you. Even using them just once is “abuse.” Never use them.**

Drug abuse will damage your important brain. It is said that our brains grow until around the age of 20. In particular, the time periods when we are elementary, junior high, and high school students are times of rapid development of the mind and body. If you abuse drugs during this time, growth of your brain and body will stop, and your body and mind development will be harmed including not being able to control your emotions, losing your motivation, and becoming quick to anger.

Also, if you develop a drug dependence, symptoms such as anxiety and persecution complexes will arise, which could cause you to commit serious crimes like murder and arson due to hallucinations and delusions.

In addition, in order to obtain drugs, people calmly commit crimes such as taking on impossible debt, theft, fraud, and prostitution.

## **Starting drug abuse**

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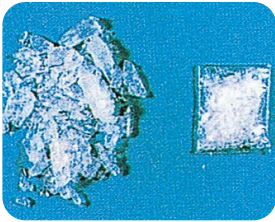
Many drug abusers begin using them simply because they are a little curious, and then are unable to stop. The following are reasons why they are unable to stop.

- ① They don't sufficiently understand the risks and harmfulness of drugs to their body.
- ② Drugs can induce strong psychological dependence, so from the first time they abuse drugs they become unable to stop through their own will.
- ③ They are entrapped by crime syndicates and foreign smuggling organizations that profit from drug dealing, and supply large amounts.

# What is drug abuse?

Drug abuse is use for purposes and with methods outside the rules and laws. Even just using drugs such as stimulants and narcotics once is considered abuse.

## Drugs that are mainly abused



### ● Stimulants

Cause hallucinations and delusions, and it is easy to develop addiction mental illnesses. Even usage is stopped, they can cause flashbacks. Using large quantities leads to death.



### ● Cannabis (marijuana)

It changes perception, and can cause panicking. With prolonged use, it causes decreasing learning ability, memory defects, and personality changes.



### ● Opium-type narcotics (heroin, etc.)

It creates goosebumps on the skin and causes strong pain and convulsions throughout the whole body (withdrawal symptoms). Using large quantities leads to death. (The photograph shows heroin)



### ● Cocaine

Causes hallucinations and delusions. Using large quantities causes convulsions in the entire body and lead to death.



### ● MDMA

It changes perception and can cause hallucinations. Using large quantities causes high body temperatures and leads to death.



### ● Dangerous drugs

These drugs have a danger of causing nausea, headaches, negative psychological influence, and impaired consciousness. There are examples of death in people who used them.



### ● Psychoactive drugs

Although they are utilized for medical use such as sleeping aids and tranquilizers, abusing them causes impairment psychologically and to the body. Also, dependence causes abnormal thoughts, sensations, and actions.



### ● Organic solvents

They give you emotional instability and lethargy, then cause hallucinations and delusions, then cause drug-induced psychosis, and use of large quantities leads to labored breathing and death.

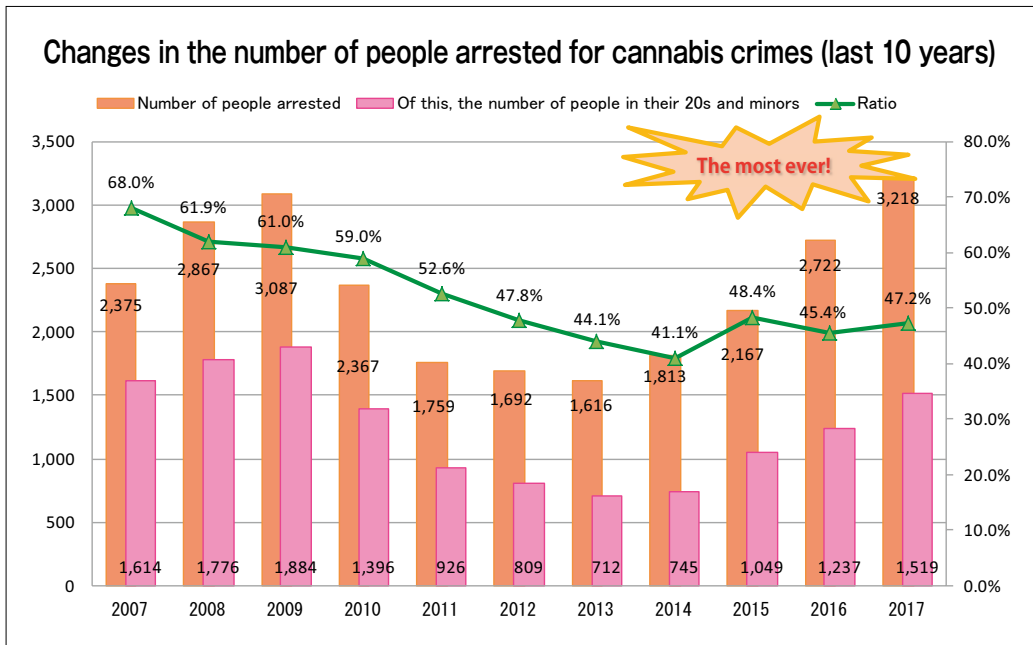
### Street names for drugs

There are cases in which drugs are called by different popular names.

- Stimulants ..... S, ice, speed, upper
- Cannabis ..... Herb, grass, bud
- MDMA (pill-type synthetic narcotic) ..... Ecstasy, X, happy pills
- Heroin ..... China white, junk
- Cocaine ..... Coke, snow, crack
- Thinner ..... Anpan

# Never use cannabis (marijuana)!!

- 2017 saw the largest ever number of people (3,218) arrested. About half of these people (1,519) were young, and the base of cannabis abuse is growing centered on young people.
- The internet and other places are filled with incorrect information such as that it is “harmless,” and it is speculated that this is linked to the spread of cannabis abuse among young people.



(Dry cannabis)



(Cannabis wax)

## Be careful of incorrect information about cannabis!



- Cannabis is safe and harmless!
- It's safer than tobacco and alcohol!
- Cannabis is legal around the world!
- Cannabis, marijuana, and hemp are different!

**It's all incorrect!**



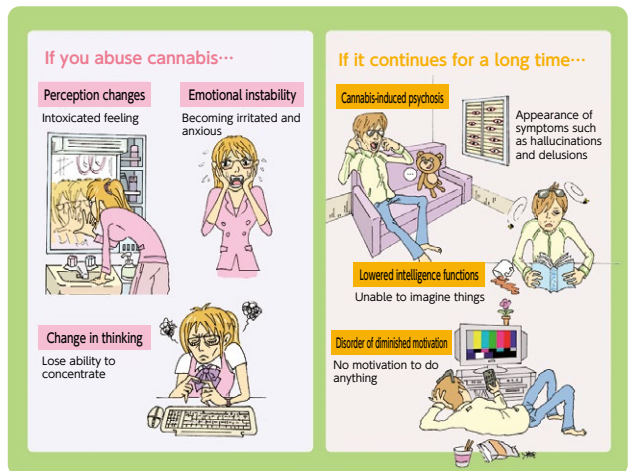
# Influence on the body of cannabis abuse

The brains of young people still in the developmental stage are affected more by cannabis than the brains of adults!

- There are strong implications that it is possible that cannabis abuse harms normal development and maturation of the brain and nervous system as they grow when we are young.
- Tetrahydrocannabinol (THC) in cannabis flowers and leaves severs the network of the cranial nerves, which leads to lowered motivation (disorder of diminished motivation), hallucination (cannabis-induced psychosis), effects on the memory, decreased learning capacity, changes in perception, and more.

一とみんぱとあうときはほんとうのほんとうにきらい
になつてあいたいです。はやくあうちにかえりたい
です。もうこれこれです。かくかかえることが出来る
ようにとりにくくします。ほんとうにこれです。
はやくあうちにかえりたいです。
はやくあうちにかえりたいです。
はいまやくすり込んでむうようばいのにてだしてしつたの
はほんの心がよわいからです。たくさんはんせいしつた
たにまをうるとあうちがほんとしてあうちをうるとあうち
ねむくつてあうちがきいんです。あうちとあうちがあうち
あうちのあうちのことはあうちがきいんです。せんせい
どうもすみません。えとつとつあうちだしてかくと
あうちがきいんです。あうちがきいんです。

- A letter written by a 29 year-old cannabis user  
(It is mostly written in simple hiragana characters, without use of more complicated kanji.)



## Related information

- If you abuse cannabis, your hippocampus and other body parts, which control the brain's intelligence functions and memory formation, will shrink.
- At a meeting regarding cannabis of the WHO Expert Committee on Drug Dependence in 2016, basic research using psychological dependence evaluation for drug dependence had a positive result for THC, and several papers have been introduced showing that physical dependence also forms.  
→The THC in cannabis flowers and leaves creates psychological dependence and **physical dependence!**

# Never use dangerous drugs!

- It is impossible to know what effects there will be on the body from taking drugs with additional substances made to resemble the chemical structures of stimulants and cannabis, and abuse of them produces further health damage and can lead to death.
- If they contain illegal drugs, even just possession is a crime.

## Examples of incidents involving dangerous drug use

### ● June 2014

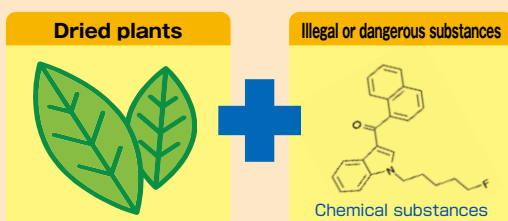
A man consumed illegal drugs and drove a car in the Ikebukuro area of Tokyo. He drove recklessly and killed one person and injured six others.

### ● February 2014

A man consumed illegal drugs and drove a car in the Tenjin area of Fukuoka City, Fukuoka Prefecture. He drove while dimly conscious and injured 12 people.

## What are “legal herbs”?

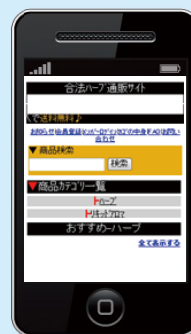
They are a mix of dried plants with drugs that have effects that resemble cannabis.



## How are they sold?

### Internet and delivery

They are called legal herbs, legal aromas (aroma liquids), and herbal essences, and primarily sold on websites, sites for cellphones, etc.



**Websites that sell drugs using names such as “legal herbs” emphasize that they are “legal,” but they are dangerous! Don't be deceived!**

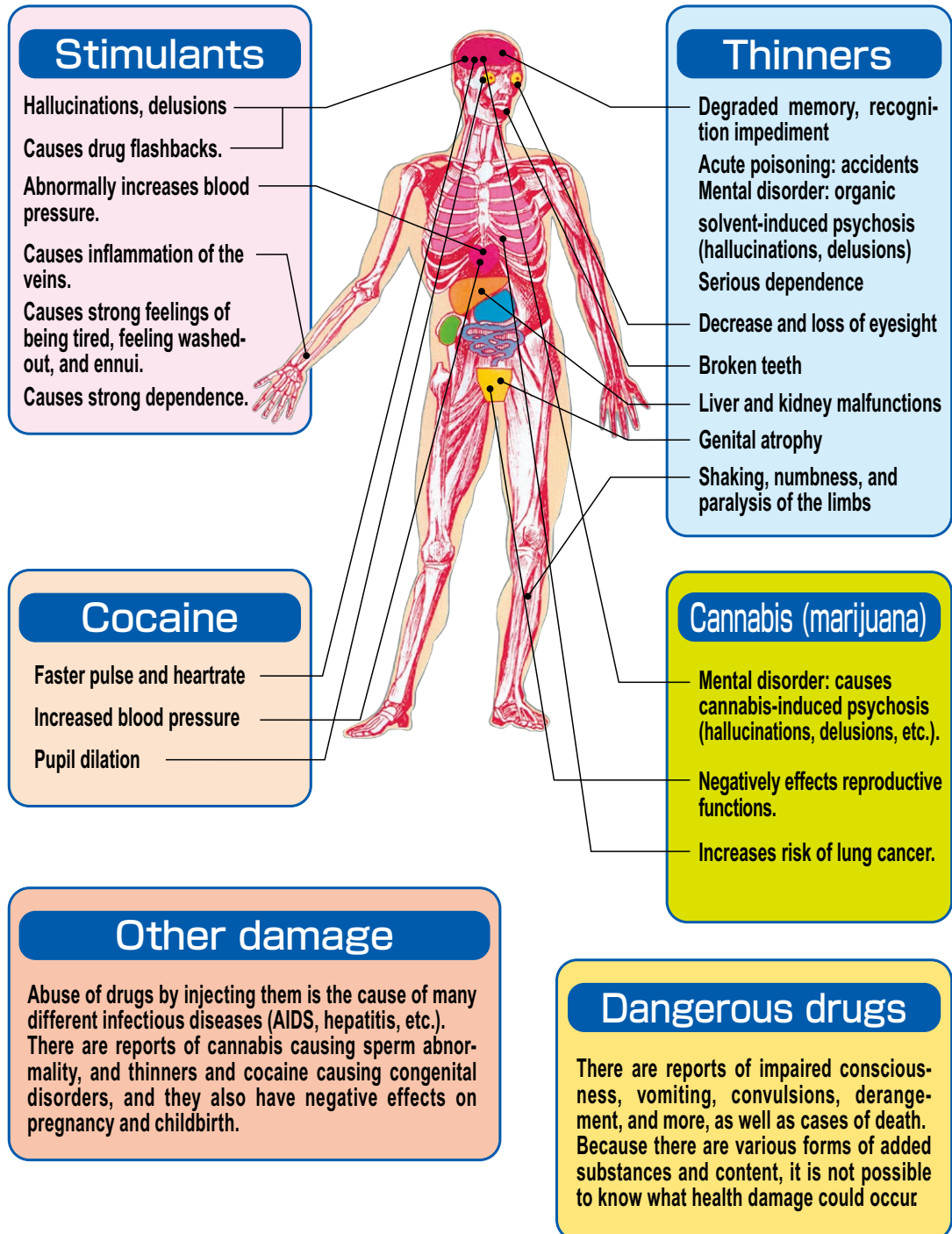
### Examples of many product instructions

- ◇ This product is sold as an aroma.
- ◇ Please never consume this into your body.
- ◇ Purchase by minors is strictly prohibited.
- ◇ This product does not contain substances regulated by the Pharmaceuticals and Medical Devices Act (formerly the Pharmaceutical Affairs Act).

**This is not a basis for being “legal!”**

# Why is drug abuse bad?

## 1. It invades the brain and disrupts the mind and body



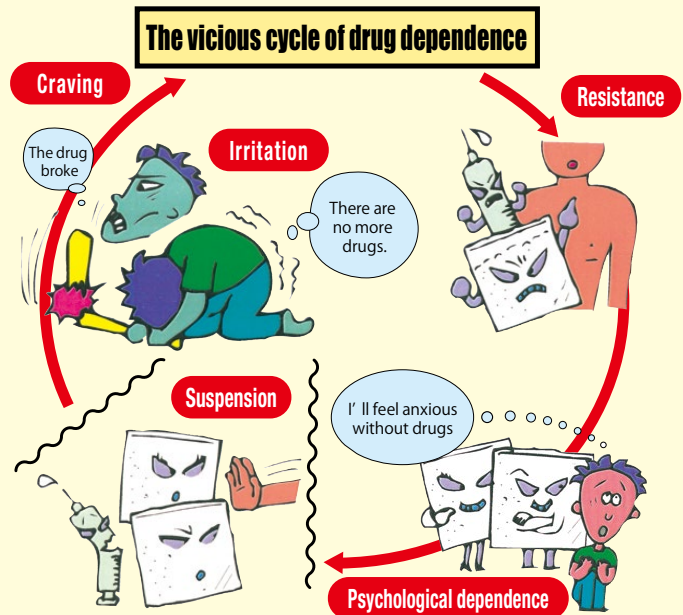
## 2. You will become unable to stop with your own willpower

The most terrible characteristic of drug abuse is “dependence” and “resistance” to drugs

**Dependence** Even if you think it's fine just once, you will begin to have to repeatedly take them, and even if you want to quit the drugs you will become unable to.

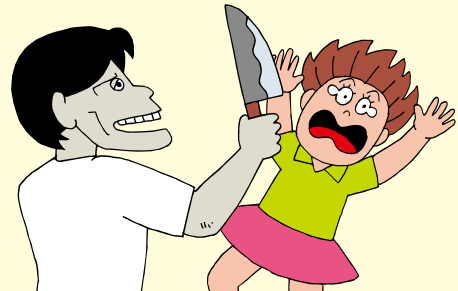
**Resistance** While repeatedly using drugs, they will grow less effective at previous amounts, leading to increasing the amount of the drug used.

People who start thinking it will be just once gradually increase the amount and frequency due to their “dependency” and “resistance” to the drugs, and fall into a vicious cycle they cannot do anything about. Once that happens, they are unable to stop with just their own willpower.



## 3. Drug abuse causes atrocious incidents

- Drug abuse induces hallucinations and delusions, and causes serious crimes such as murder.
- It leads to taking on impossible debt, blackmail incidents, and theft because people need money to acquire drugs.
- It causes committing crimes such as smuggling and prostitution.



## 4. Losing friends and family

- Losing yourself in drugs destroys your relationships, isolating you from your friends, family, romantic partners, and society.





# What should I do if I'm offered drugs?

## Drug abuse is not just an issue for certain people.

About 1 in 15 people in their 20s, and about 1 in 28 people in their teens, answered, "I have an acquaintance with experience using drugs within the last year." In addition, about 1 in 3 people in their 20s, and about 1 in 4 people in their teens, answered about acquiring drugs, "I can somehow get them" or "I can easily get them."

### ■ Don't be deceived by tempting words

- Gentle temptation like "It's OK just once," "You'll lose weight," and "Everyone's doing it" are complete lies.
- It's important to feel uncomfortable at just being offered problematic drugs, and to acquire the judgment ability to sense danger.

### ■ Plain and clear refusal

- If you show the slightest hesitation when offered drugs, you'll end up being offered them again. It's important to clearly refuse drugs when they are offered.
- When you feel it's hard to refuse, get away from that place. Getting away shows courage.

## Get a consultation first if you're worried!

If you're worried about issues related to drug abuse such as stimulants, cannabis, and dangerous drugs, don't worry alone and instead seek a consultation.

At consultation services, secrecy is absolutely kept concerning what is discussed. You can get a consultation with peace of mind, so please inquire at locations such as healthcare centers and mental health and welfare centers throughout Japan.

The power of adults is necessary for resolving the issue of drug abuse. Please quickly consult with an adult you can trust.

\*An outline of consultation services is published on the back cover.

# Drug abuse is harshly punished by the law.

The following are penal regulations concerning abuse and related actions.

Selling drugs for profit, etc. has even more severe penal regulation provisions.

Even if you just help, you will be subject to punishment as being complicit in a crime or an abettor.

Drug possession overseas, etc. is also subject to punishment applied through overseas crime regulations.

## Stimulants

- Import, manufacturing ..... Imprisonment with work for over 1 year
- Possession, transfer, conveyance, use .... Imprisonment with work for over 10 years

## Cannabis

- Import, export, cultivation ..... Imprisonment with work for under 7 years
- Possession, transfer, conveyance ..... Imprisonment with work for under 5 years

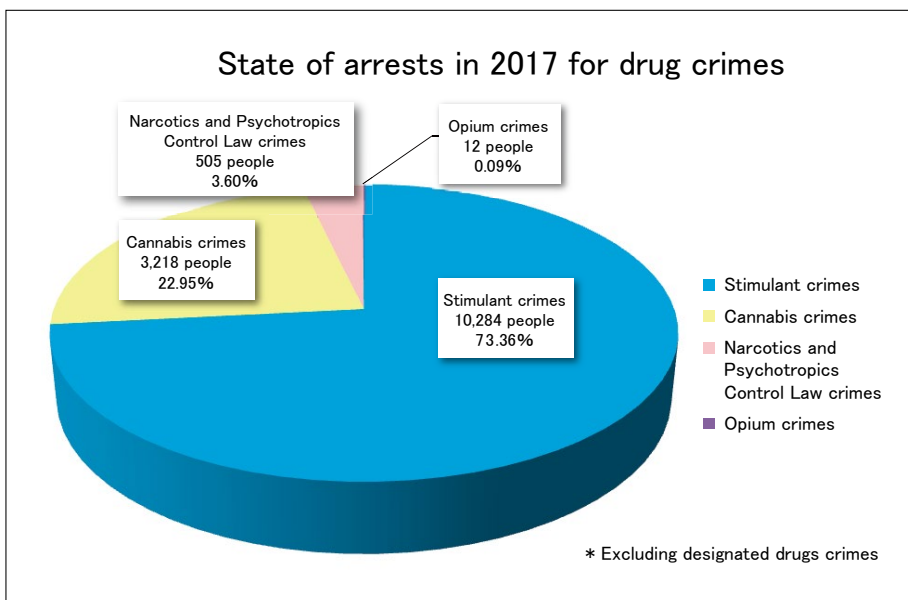
Illegal cultivation of cannabis is prohibited under the law. In addition, possession or provision of cannabis seeds for this purpose is subject to punishment.

## Cocaine

- Import, production ..... Imprisonment with labor for over 1 year and under 10 years
- Possession, transfer, conveyance, use ..... Imprisonment with labor for under 7 years

## Designated drugs

- Production, import, selling and conferring, storage and display for the purposes of selling and conferring ..... Imprisonment with labor for under 5 years or a fine of under 5 million yen, or both
- Possession, use, purchase, transfer ..... Imprisonment with labor for under 3 years or a fine of under 3 million yen, or both



# Confessions of drug abusers and consultation examples

## 1. Confession examples of drug abusers

### Confession of a cannabis user (20s, male)

I had just become a university student. An older student from my hometown offered me cannabis saying, “The leaf is good, yo. It makes you relax and it's fun.” I had never smoked cannabis until then, and I was a little scared and didn't know what to do. The older student continued, “It's not bad for your body. Look at me - nothing has happened. Are you chicken? You've got no guts.” It certainly seemed that there was nothing wrong with the student's appearance and I wanted to be cool, so I smoked cannabis with the older student.

When I smoked the joint, it stank and was really unpleasant. Also, it made my heart race and made me dizzy, and I finally smoked it while feeling bad.

I thought that if I smoked cannabis a lot and got used to it I would understand what was good about cannabis like the older student said, so after that I continued smoking it.

After smoking cannabis many times, I stopped feeling bad and I could enjoy a good sensation of feeling very relaxed. I also sensed that sweet things were very delicious, and felt I could more deeply understand music.

In this way, when the cannabis I received from the older student ran out, I bought some more, and I realized that cannabis had become a major joy in part of my life. In addition to using cannabis alone, I also offered it to the girl I was dating and she began to smoke.

One day, the older student said he wanted to grow cannabis together. He grew large amounts of cannabis with numerous acquaintances, and earned money by selling the cultivated cannabis.

I'm from a farming family and helped my parents from a young age, so I had knowledge and experience with growing crops. It seems the older student thought his crop amount would increase if I grew the cannabis.

I was also confident that I could increase the amount of cannabis by growing it myself. Above all, I thought that if I grew it I could have cannabis for free whenever I wanted it and smoke it, and decided to join the cannabis-growing acquaintances of the older student. I not only smoked some of the cannabis I grew with my girlfriend, but also involved her in earning money by selling it.

Although the older student and his acquaintances helped me grow cannabis the first year, during the next year they only came to check the status sometimes and I grew it myself, and they only helped me during the harvesting time.

One day when I had been living that life for up to 3 years, one of the customers I sold cannabis to was arrested by narcotics agents. I suddenly became afraid that I would be arrested for the first time, and told the older student I wanted to quit

growing it. But whatever I said, the older student would not let me stop. I wondered what I could do, and because it was an illegal act I couldn't even consult with my family about it.

I was given hemp by the older student, and though I was worried about when an investigator would come I grew it with my girlfriend at my family's house, and then a narcotics agent came to the house and arrested me.

I arbitrarily thought that when I was arrested it would only happen to me, but I was surprised when my girlfriend was also arrested.

Until then, I did not think deeply about it and thought it was fine if I was enjoying every day and smoking marijuana, but my thoughtless actions also caused hardship for my family.

Because I taught her about cannabis, my girlfriend was arrested and fired from her job, saddened her family, and ruined her life.

When I was arrested and detained, I regretted involving my girlfriend and suffered. I thought that it was fine if I went to prison but wanted my girlfriend released quickly. I was prosecuted and received a suspended sentence at the trial.

It has been 6 years since I was arrested. My suspended sentence has ended. I have not used cannabis even once since I was arrested, and I no longer want to. If I think about it now, the feeling of deep understanding with my girlfriend was probably an illusion from the cannabis.

I am now preparing to start my own company. I know that there are many farmers who produce good crops but cannot sell them, so I intend to start a company that uses the internet for sales throughout Japan for the farmers.

### **Confession of a cannabis abuser (30s, male)**

I was arrested by a narcotics agent for cannabis possession.

I remember using cannabis when I was going to university.

At that time, there was a student who often helped me in the club I participated in. We grew closer from our shared interests such as music, becoming friends who went out for meals and to have fun.

One day when I went to hang out at the older student's house, he asked, "Are you interested in cannabis?" I knew that cannabis was illegal from TV and newspapers and occasionally seeing celebrities get arrested for it. However, I was at an age when I was full of curiosity and I thought scenes with cannabis smoking I saw in American movies and elsewhere were "cool," so I replied, "I'm interested."

Then the older student said, "Yo, I have some." He took out a plant he hid in his house and said, "Here's how you smoke it" and showed me. Then he offered it to me, saying, "Try smoking it." When I smoked it, I felt intoxicated and relaxed, and just talking to the older student gave me the sensation of being in a good mood, so I thought, "Cannabis must be a good thing if it makes everything so enjoyable." For a while after that, I smoked cannabis once a week splitting it with the older student, and I left storing it up to the older student.

One day, the older student said he wanted to sell it, asking, “Do you know anyone who will buy cannabis?” I felt like I owed him something since he always gave me cannabis to smoke, so I decided to help him. There was another high school student in my grade who wanted to buy cannabis, so I sold him cannabis from the older student.

After this, the student from my grade was arrested by the police, and I was also arrested for selling cannabis to him. At that time, dozens of people were arrested in relation to the incident, and because it was quite connected with university students it was also covered in the mass media. I was also forced to drop out of university.

When I was arrested, I reflected on the fact that I had caused trouble for my parents and others and quit my connection with cannabis for a little while. But when I spent one month on a homestay in Jamaica to study music when I was 27, the people around me regularly smoked cannabis and I became open to it due to the country's atmosphere and letting my guard down in a foreign country, so I began to smoke cannabis again.

I enjoyed cannabis everyday while I was in that country. I was completely engrossed by cannabis and wanted to enjoy it even after I came back to Japan. I thus hid cannabis seeds in my luggage when I came back and began growing it in my house.

I continued that life until I was about 30, when the police came to investigate and arrested me again when they found the cannabis.

At that time too I regretted beginning to grow cannabis again because I caused trouble to my family and others. I wanted to quit cannabis and work seriously, so with my father's recommendation I acquired certification to be an electrician, and from 35 years old I began working at a company that received subcontracts from major electronics wholesalers.

After I had begun working in the electric-related job for a while, one of the company's employees exposed that I had been arrested for cannabis in the past. The company would let me work for them part-time, so I remained with them as a part-timer.

However, I felt despair that I was demoted to the position of a part-timer because of the cannabis crime I committed in my past. I had thoughts like, “If the world sees me that way, I might as well use cannabis,” and I began to grow cannabis again.

From then I began a life of smoking the cannabis I grew everyday, and after this had continued for 2 years I was arrested after being investigated by narcotics agents. Naturally, I was forced to quit my part-time job at the electric-related company.

Although I reflected on being arrested for cannabis and stopped, a short time later I succumbed to the temptation of cannabis and began using it again, and was arrested. If I think about it now, I lost my university, my job, and everything else because of cannabis. Cannabis has stolen my life so far.

Although I intend to completely quit cannabis this time as would be expected, I cannot help but feel worried going forward because I can easily find sellers of cannabis seeds and cannabis-growing kits by searching the internet, and could grow cannabis at any time.



## 2. Example from a consultation service

### ○ Consultation examples

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#### **【Consultation outline】**

The person seeking a consultation said it was about her boyfriend who was using stimulants.

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#### **【Consultation content】**

I work in a Japanese-style bar in the business district. My boyfriend can't quit stimulants, so I came for a consultation at the narcotics control department.

Since I began living with my boyfriend, I began to notice that he had many wounds that looked like track marks from injecting into his arms. My former husband was a stimulant user and had many track marks from injections in his arms, so I began to suspect that my boyfriend was also using stimulants. My former husband was usually nice, but when he used stimulants he became suspicious and strongly possessive of me, and was violent with me because he suspected I was having an affair. I begged my former husband many times to quit stimulants, but he couldn't and eventually he died.

When I asked my boyfriend about the injection marks in his arms, I recognized that he was using stimulants. At that time when I asked him to stop using stimulants, he promised he would not use them.

However, after that he possessed stimulants and syringes and he often had new track marks on his arms. Also, he would seem to change into a different person when he used stimulants and would use abusive language and be violent, so I could immediately know he was using them. When I asked him if he was using stimulants, the situation would turn bad and he would be violent against me to change the subject. I felt that I was in danger and had him leave the house.

Although we were living apart, after that our connection continued, and he would come to my house and the bar where I worked. Recently when I was coming home, he was waiting for me in front of my house and rushed at a friend I was sometimes with and yelled. I felt that he was still using stimulants, and that his suspicions and possessiveness of me had become stronger. Even if I said anything it was no good, and I was worried that if he continued to use stimulants in this way he would hurt me or someone else, and that I could not stop him from using stimulants by myself. That's why I decided to come for a consultation with you all at the Narcotics Control Department.

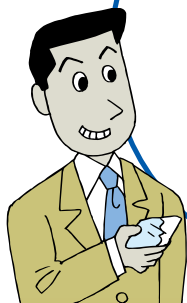
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#### **【Result】**

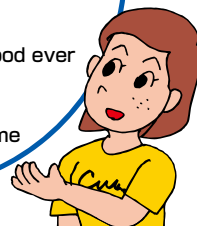
A secret investigation was implemented after this consultation. As a result of the search of the suspect's residence as an incident of suspected violation of the Stimulants Control Act, although stimulants were not discovered in that residence, syringes were discovered and afterwards the suspect was arrested for stimulants use.

# Why should you run from drug abuse? Be careful of tempting invitations!

## Tempting invitations to drug abuse



- It's fine if it's just once
- Let's have a little fun with drugs
- I have an interesting drug
- It'll make you lose weight
- You'll be less irritated and be refreshed
- It'll make your skin prettier
- "Life is about experiences"
- It'll make you less tired and help you study
- Just try a little
- Everyone's doing it (you're the only one who doesn't)
- It's just nutrients
- You'll enjoy the best mood ever
- I'll take care of you
- You can pay me next time



## Have the courage to refuse by saying, "No. Never."

## In order to prevent drug abuse!!

- There is danger of drug abuse around you, so don't think it has nothing to do with you.
- Even if you're tempted, have the courage to say, "No. Never."
- Don't worry alone and consult with your friends and family about everything.

Refer to the Ministry of Health, Labour and Welfare website for more details on the drug abuse issue.  
"Information page regarding prevention of drug abuse"

<http://www.mhlw.go.jp/bunya/iyakuhin/yakubuturanyou/index.html>

You can see it on your smartphone  
by using the QR code. ▶▶



## Suspicious drugs contact network

Gathers, analyzes, evaluates, publicizes, and gives alerts on cases of damaged health, etc. related to dangerous drugs including designated drugs. In addition, the call center provides consultation services, enabling centralized access to information on danger, etc.

If you have any worries about drug abuse <http://www.yakubutsu.com>

**Call center 03-5542-1865**



## ●List of drug abuse prevention consultation service organizations

Narcotics Control Department, Hokkaido Regional Bureau of Health and Welfare	☎ 011-726-1000	Mental Health and Welfare Center, Shizuoka Prefecture	☎ 054-286-9245
Narcotics Control Department, Tohoku Regional Bureau of Health and Welfare	☎ 022-227-5700	Mental Health Center, Shizuoka Prefecture	☎ 054-262-3011
Narcotics Control Department, Kanto-Shinetsu Regional Bureau of Health and Welfare	☎ 03-3512-8690	Mental Health and Welfare Center, Hamamatsu City	☎ 053-457-2709
Yokohama Office, Narcotics Control Department, Kanto-Shinetsu Regional Bureau of Health and Welfare	☎ 045-201-0770	Pharmaceutical Safety Division, Aichi Prefecture	☎ 052-954-6305
Narcotics Control Department, Tokai-Hokuriku Regional Bureau of Health and Welfare	☎ 052-961-7000	Mental Health and Welfare Center, Aichi Prefecture	☎ 052-962-5377
Narcotics Control Department, Kinki Regional Bureau of Health and Welfare	☎ 06-6949-3779	Mental Health and Welfare Center, Nagoya City	☎ 052-483-2095
Kobe Office, Narcotics Control Department, Kinki Regional Bureau of Health and Welfare	☎ 078-391-0487	Pharmaceutical Affairs and Infection Control Measures Division, Mie Prefecture	☎ 059-224-2330
Narcotics Control Department, Chugoku-Shikoku Regional Bureau of Health and Welfare	☎ 082-228-8974	Mental Health Center, Mie Prefecture	☎ 059-223-5241
Narcotics Control Department, Chugoku Regional Bureau of Health and Welfare	☎ 087-823-8800	Pharmaceutical Affairs and Infection Control Measures, Shiga Prefecture	☎ 077-528-3634
Narcotics Control Department, Kyushu Regional Bureau of Health and Welfare	☎ 092-431-0999	Mental Health and Welfare Center, Shiga Prefecture	☎ 077-567-5010
Kokura Office, Narcotics Control Department, Kyushu Regional Bureau of Health and Welfare	☎ 093-591-3561	Pharmaceutical Affairs Division, Kyoto Prefecture	☎ 075-414-4790
Okinawa Narcotics Control Office, Kyushu Regional Bureau of Health and Welfare	☎ 098-854-0999	Mental Health and Welfare General Center, Kyoto Prefecture	☎ 075-641-1810
Medical and Pharmaceutical Division, Hokkaido Prefecture	☎ 011-204-5265	Mental Health Promotion Center, Kyoto Prefecture	☎ 075-314-0355
Mental Health and Welfare Center, Hokkaido Prefecture	☎ 011-864-7121	Pharmaceutical Affairs Division, Osaka Prefecture	☎ 06-6941-9078
Sapporo Mental Center	☎ 011-622-0556	Mental Health General Center, Osaka Prefecture	☎ 06-6691-2811
Medical and Pharmaceutical Division, Aomori Prefecture	☎ 017-734-9289	Mental Health Center, Osaka Prefecture	☎ 06-6922-8520
Mental Health and Welfare Center, Aomori Prefecture	☎ 017-787-3951	Mental Health Center, Sakai City	☎ 072-245-9192
National Health Insurance Division, Iwate Prefecture	☎ 019-629-5467	Pharmaceutical Affairs Division, Hyogo Prefecture	☎ 078-362-3270
Mental Health and Welfare Center, Iwate Prefecture	☎ 019-629-9617	Mental Health and Welfare Center, Hyogo Prefecture	☎ 078-252-4980
Pharmaceutical Affairs Division, Miyagi Prefecture	☎ 022-211-2653	Mental Health Center, Kobe City	☎ 078-371-1900
Mental Health and Welfare Center, Miyagi Prefecture	☎ 0229-23-0021	Pharmaceutical Affairs Division, Nara Prefecture	☎ 0742-27-8664
Mental Health and Welfare General Center, Sendai City	☎ 022-265-2191	Mental Health and Welfare Center, Nara Prefecture	☎ 0744-47-2251
Medical and Pharmaceutical Division, Akita Prefecture	☎ 018-860-1407	Pharmaceutical Affairs Division, Wakayama Prefecture	☎ 073-441-2663
Mental Health and Welfare Center, Akita Prefecture	☎ 018-831-3946	Mental Health and Welfare Center, Wakayama Prefecture	☎ 073-435-5194
Health and Welfare Planning Division, Yamagata Prefecture	☎ 023-630-2333	Medical and Insurance Division, Tottori Prefecture	☎ 0857-26-7203
Mental Health and Welfare Center, Yamagata Prefecture	☎ 023-624-1217	Mental Health and Welfare Center, Tottori Prefecture	☎ 0857-21-3031
Pharmaceutical Affairs Division, Fukushima Prefecture	☎ 024-521-7233	Pharmaceutical Affairs and Hygiene Division, Shimane Prefecture	☎ 0852-22-5259
Mental Health and Welfare Center, Fukushima Prefecture	☎ 024-535-3556	Mental and Body Consultation Center, Shimane Prefecture	☎ 0852-21-2885
Pharmaceutical Affairs Division, Miyagi Prefecture	☎ 029-301-3388	Pharmaceutical Safety Division, Okayama Prefecture	☎ 086-226-7341
Mental Health and Welfare Center, Miyagi Prefecture	☎ 029-243-2870	Mental Health and Welfare Center, Okayama Prefecture	☎ 086-201-0850
Pharmaceutical Affairs Division, Ibaraki Prefecture	☎ 028-623-3119	Mental Health Center, Okayama Prefecture	☎ 086-803-1273
Mental Health and Welfare Center, Ibaraki Prefecture	☎ 028-673-8785	Pharmaceutical Affairs Division, Hiroshima Prefecture	☎ 082-513-3221
Pharmaceutical Affairs Division, Gunma Prefecture	☎ 027-226-2665	General Mental Health and Welfare Center, Hiroshima Prefecture	☎ 082-884-1051
Mental Health Center, Gunma Prefecture	☎ 027-263-1166	Mental Health and Welfare Center, Hiroshima Prefecture	☎ 082-245-7746
Pharmaceutical Affairs Division, Saitama Prefecture	☎ 048-830-3633	Pharmaceutical Affairs Division, Yamaguchi Prefecture	☎ 083-933-3018
Mental Health and Welfare Center, Saitama Prefecture	☎ 048-723-3333	Mental Health and Welfare Center, Yamaguchi Prefecture	☎ 0835-27-3480
Mental Health Center, Saitama City	☎ 048-851-5665	Pharmaceutical Affairs Division, Tokushima Prefecture	☎ 088-621-2233
Pharmaceutical Affairs Division, Chiba Prefecture	☎ 043-223-2620	Mental Health and Welfare Center, Tokushima Prefecture	☎ 088-625-0610
Mental Health and Welfare Center, Chiba Prefecture	☎ 043-263-3891	Pharmaceutical Affairs and Infection Control Measures, Kagawa Prefecture	☎ 087-832-3301
Mental Health Center, Chiba Prefecture	☎ 043-204-1582	Mental Health and Welfare Center, Kagawa Prefecture	☎ 087-804-5565
Pharmaceutical Affairs Division, Tokyo Prefecture	☎ 03-5320-4505	Pharmaceutical Affairs and Hygiene Division, Ehime Prefecture	☎ 089-912-2393
Chubu General Mental Health and Welfare Center, Tokyo Prefecture	☎ 03-3302-7575	Mental and Body Health Center, Ehime Prefecture	☎ 089-911-3880
Tama General Mental Health and Welfare Center, Tokyo Prefecture	☎ 042-376-1111	Medical and Pharmaceutical Division, Kochi Prefecture	☎ 088-823-9682
Mental Health and Welfare Center, Tokyo Prefecture	☎ 03-3834-4100	Mental Health and Welfare Center, Kochi Prefecture	☎ 088-821-4966
Pharmaceutical Affairs Division, Kanagawa Prefecture	☎ 045-210-4972	Pharmaceutical Affairs Division, Fukuoka Prefecture	☎ 092-643-3287
Mental Health and Welfare Center, Kanagawa Prefecture	☎ 045-821-8822	Mental Health and Welfare Center, Fukuoka Prefecture	☎ 092-582-7500
Mental Health Consultation Center, Yokohama City	☎ 045-671-4455	Mental Health and Welfare Center, Fukuoka City	☎ 092-737-8825
Mental Health and Welfare Center, Kawasaki City	☎ 044-200-3195	Mental Health and Welfare Center, Kitakyushu City	☎ 093-522-8729
Mental Health and Welfare Center, Sagami City	☎ 042-769-9818	Pharmaceutical Affairs Division, Saga Prefecture	☎ 0952-25-7082
Medical and Pharmaceutical Division, Niigata Prefecture	☎ 025-280-5187	Mental Health and Welfare Center, Saga Prefecture	☎ 0952-73-5060
Mental Health and Welfare Center, Niigata Prefecture	☎ 025-280-0111	Pharmaceutical Affairs Administration Office, Nagasaki Prefecture	☎ 095-895-2469
Mental Health Center, Niigata City	☎ 025-232-5560	Children, Women, and Disabled Persons Support Center, Nagasaki	☎ 095-844-5132
Pharmaceutical Policy Division, Toyama Prefecture	☎ 076-444-3234	Pharmaceutical Affairs and Hygiene Division, Kumamoto Prefecture	☎ 096-333-2242
Mental Health Center, Toyama Prefecture	☎ 076-428-1511	Mental Health and Welfare Center, Kumamoto Prefecture	☎ 096-386-1255
Pharmaceuticals / Hygiene Division, Ishikawa Prefecture	☎ 076-225-1442	Mental Health Center, Kumamoto Prefecture	☎ 096-362-8100
Mental Health Center, Ishikawa Prefecture	☎ 076-238-5761	Pharmaceutical Affairs Office, Oita Prefecture	☎ 097-506-2650
Pharmaceutical and Food Safety and Hygiene Division, Fukui Prefecture	☎ 0776-20-0347	Mental and Body Consultation Support Center, Oita Prefecture	☎ 097-541-5276
General Welfare Consultation office, Fukui Prefecture	☎ 0776-24-7311	Pharmaceutical Affairs Measures Office, Medical and Pharmaceutical Affairs Division, Miyazaki Prefecture	☎ 0985-26-7060
Hygiene, Medical, and Pharmaceutical Division, Yamanashi Prefecture	☎ 055-223-1491	Mental Health and Welfare Center, Miyazaki Prefecture	☎ 0985-27-5663
Mental Health and Welfare Center, Yamanashi Prefecture	☎ 055-254-8644	Pharmaceutical Affairs Division, Kagoshima Prefecture	☎ 099-286-2804
Pharmaceuticals Control Division, Nagano Prefecture	☎ 026-235-7159	Mental Health and Welfare Center, Kagoshima Prefecture	☎ 099-218-4755
Mental Health and Welfare Center, Nagano Prefecture	☎ 026-227-1810	Pharmaceutical Affairs and Illness Measures Division, Okinawa Prefecture	☎ 098-866-2215
Pharmaceutical Affairs and Water Supply Division, Gifu Prefecture	☎ 058-272-8285	General Mental Health and Welfare Center, Okinawa Prefecture	☎ 098-888-1443
Mental Health and Welfare Center, Gifu Prefecture	☎ 058-231-9724	Healthcare centers throughout Japan	
Pharmaceutical Affairs Division, Shizuoka Prefecture	☎ 054-221-2413	Police stations in all prefectures of Japan	