

Get a consultation before it's too late!

Specialists will provide consultations while strictly protecting your privacy.

Recently, my child's appearance is strange...



He/she seems to be hanging out with a bad older student...



There are consultation services regarding drugs.

Hokkaido Prefecture	Mental Health and Welfare Center, Hokkaido Prefecture	☎011-864-7121	Aichi Prefecture	Mental Health and Welfare Center, Aichi Prefecture	☎052-962-5377
	Sapporo Mental Center	☎011-622-0556		Mental Health and Welfare Center, Nagoya City	☎052-483-2095
Aomori Prefecture	Mental Health and Welfare Center, Aomori Prefecture	☎017-787-3951	Mie Prefecture	Mental Health Center, Mie Prefecture	☎059-223-5241
Iwate Prefecture	Mental Health and Welfare Center, Iwate Prefecture	☎019-629-9617	Shiga Prefecture	Mental Health and Welfare Center, Shiga Prefecture	☎077-567-5010
Miyagi Prefecture	Mental Health and Welfare Center, Miyagi Prefecture	☎0229-23-0021	Kyoto Prefecture	Mental Health and Welfare General Center, Kyoto Prefecture	☎075-641-1810
	Mental Health and Welfare General Center, Sendai City	☎022-265-2191		Mental Health Promotion Center, Kyoto City	☎075-314-0355
Akita Prefecture	Mental Health and Welfare Center, Akita Prefecture	☎018-831-3946	Osaka Prefecture	Mental Health General Center, Osaka Prefecture	☎06-6691-2811
Yamagata Prefecture	Mental Health and Welfare Center, Yamagata Prefecture	☎023-624-1217		Mental Health Center, Osaka City	☎06-6922-8520
Fukushima Prefecture	Mental Health and Welfare Center, Fukushima Prefecture	☎024-535-3556		Mental Health Center, Sakai City	☎072-245-9192
Ibaraki Prefecture	Mental Health and Welfare Center, Ibaraki Prefecture	☎029-243-2870	Hyogo Prefecture	Mental Health and Welfare Center, Hyogo Prefecture	☎078-252-4980
Tochigi Prefecture	Mental Health and Welfare Center, Tochigi Prefecture	☎028-673-8785		Mental Health Center, Kobe City	☎078-371-1900
Gunma Prefecture	Mental Health Center, Gunma Prefecture	☎027-263-1166	Nara Prefecture	Mental Health and Welfare Center, Nara Prefecture	☎0744-47-2251
Saitama Prefecture	Mental Health and Welfare Center, Saitama Prefecture	☎048-723-3333	Wakayama Prefecture	Mental Health and Welfare Center, Wakayama Prefecture	☎073-435-5194
	Mental Health Center, Saitama City	☎048-851-5665	Tottori Prefecture	Mental Health and Welfare Center, Tottori Prefecture	☎0857-21-3031
Chiba Prefecture	Mental Health and Welfare Center, Chiba Prefecture	☎043-263-3891	Shimane Prefecture	Mental and Body Consultation Center, Tottori Prefecture	☎0852-21-2885
	Mental Health Center, Chiba Prefecture	☎043-204-1582	Okayama Prefecture	Mental Health and Welfare Center, Okayama Prefecture	☎086-201-0850
Tokyo	Chubu General Mental Health and Welfare Center, Tokyo	☎03-3302-7575		Mental Health Center, Okayama City	☎086-803-1273
	Tama General Mental Health and Welfare Center, Tokyo	☎042-376-1111	Hiroshima Prefecture	General Mental Health and Welfare Center, Hiroshima Prefecture	☎082-884-1051
	Mental Health and Welfare Center, Tokyo	☎03-3834-4102		Mental Health and Welfare Center, Hiroshima City	☎082-245-7746
Kanagawa Prefecture	Mental Health and Welfare Center, Kanagawa Prefecture	☎045-821-8822	Yamaguchi Prefecture	Mental Health and Welfare Center, Yamaguchi Prefecture	☎0835-27-3480
	Mental Health Consultation Center, Yokohama City	☎045-671-4455	Tokushima Prefecture	Mental Health and Welfare Center, Tokushima Prefecture	☎088-625-0610
	Mental Health and Welfare Center, Kawasaki City	☎044-200-3195	Kagawa Prefecture	Mental Health and Welfare Center, Kagawa Prefecture	☎087-804-5565
	Mental Health and Welfare Center, Sagami City	☎042-769-9818	Ehime Prefecture	Mental and Body Health Center, Ehime Prefecture	☎089-911-3880
Niigata Prefecture	Mental Health and Welfare Center, Niigata Prefecture	☎025-280-0111	Kochi Prefecture	Mental Health and Welfare Center, Kochi Prefecture	☎088-821-4966
	Mental Health Center, Niigata City	☎025-232-5560	Fukuoka Prefecture	Mental Health and Welfare Center, Fukuoka Prefecture	☎092-582-7500
Toyama Prefecture	Mental Health Center, Toyama Prefecture	☎076-428-1511		Mental Health and Welfare Center, Fukuoka City	☎092-737-8825
Ishikawa Prefecture	Mental Health Center, Ishikawa Prefecture	☎076-238-5761		Mental Health and Welfare Center, Kitakyushu City	☎093-522-8729
Fukui Prefecture	General Welfare Consultation Office, Fukui Prefecture	☎0776-24-7311	Saga Prefecture	Mental Health and Welfare Center, Saga Prefecture	☎0952-73-5060
Yamanashi Prefecture	Mental Health and Welfare Center, Yamanashi Prefecture	☎055-254-8644	Nagasaki Prefecture	Children, Women, and Disabled Persons Support Center, Nagasaki	☎095-844-5132
Nagano Prefecture	Mental Health and Welfare Center, Nagano Prefecture	☎026-227-1810	Kumamoto Prefecture	Mental Health and Welfare Center, Kumamoto Prefecture	☎096-386-1255
Gifu Prefecture	Mental Health and Welfare Center, Gifu Prefecture	☎058-231-9724		Mental Health Center, Kumamoto City	☎096-362-8100
Shizuoka Prefecture	Mental Health and Welfare Center, Shizuoka Prefecture	☎054-286-9245	Oita Prefecture	Mental and Body Consultation Support Center, Oita Prefecture	☎097-541-5276
	Mental Health Center, Shizuoka City	☎054-262-3011	Miyazaki Prefecture	Mental Health and Welfare Center, Miyazaki Prefecture	☎0985-27-5663
	Mental Health and Welfare Center, Hamamatsu City	☎053-457-2709	Kagoshima Prefecture	Mental Health and Welfare Center, Kagoshima Prefecture	☎099-218-4755
			Okinawa Prefecture	General Mental Health and Welfare Center, Okinawa Prefecture	☎098-888-1443

In addition, consultations are also accepted at each Regional Bureau of Health and Welfare's Narcotics Control Office, each prefecture (pharmaceutical affairs management divisions), healthcare centers, and police stations.

Please see the Ministry of Health, Labour and Welfare website for more information on the issue of drug abuse.

Ministry of Health, Labour and Welfare homepage

Policy Information on "Health," "Medical Care" and "Pharmaceuticals and Medical Devices"

Policy information "Information regarding preventing drug abuse"

http://www.mhlw.go.jp/seisakunitsuite/bunya/kenkou_iryuu/iyakuhin/yakubuturanyou/index.html

Ministry of Health, Labour and Welfare

1-2-2 Kasumigaseki Chiyoda-ku, Tokyo 100-8916 TEL: 03-5253-1111 (main number)

For guardians of children

Say "No, Absolutely No!" to Drug Abuse

— To protect children from drug abuse —

Do you think it has nothing to do with your child?



The issue of the danger of drug abuse now does not just affect children prone to delinquency.

Checklist to protect children from drug abuse

About the environment surrounding your child

- Your child is allowed to have a smartphone or cellphone.
- Your child is allowed to use a PC connected to the internet.
- Your child hangs out with junior high school and senior high school students. Or you do not know much about his/her friends.

About your child himself/herself

- He/she has begun coming home late.
- He/she wants money for unknown reasons.
- He/she no longer wants to eat meals with the family.
- When you make eye contact, he/she stops talking.



Please be careful if you checked even just one box.

If you want to know the reason, see here.

There are many dangers surrounding children!

Dangerous invitations threaten children in many different ways. Children today are familiar with smartphones and computers. If they just connect to the internet, they can easily buy dangerous drugs.

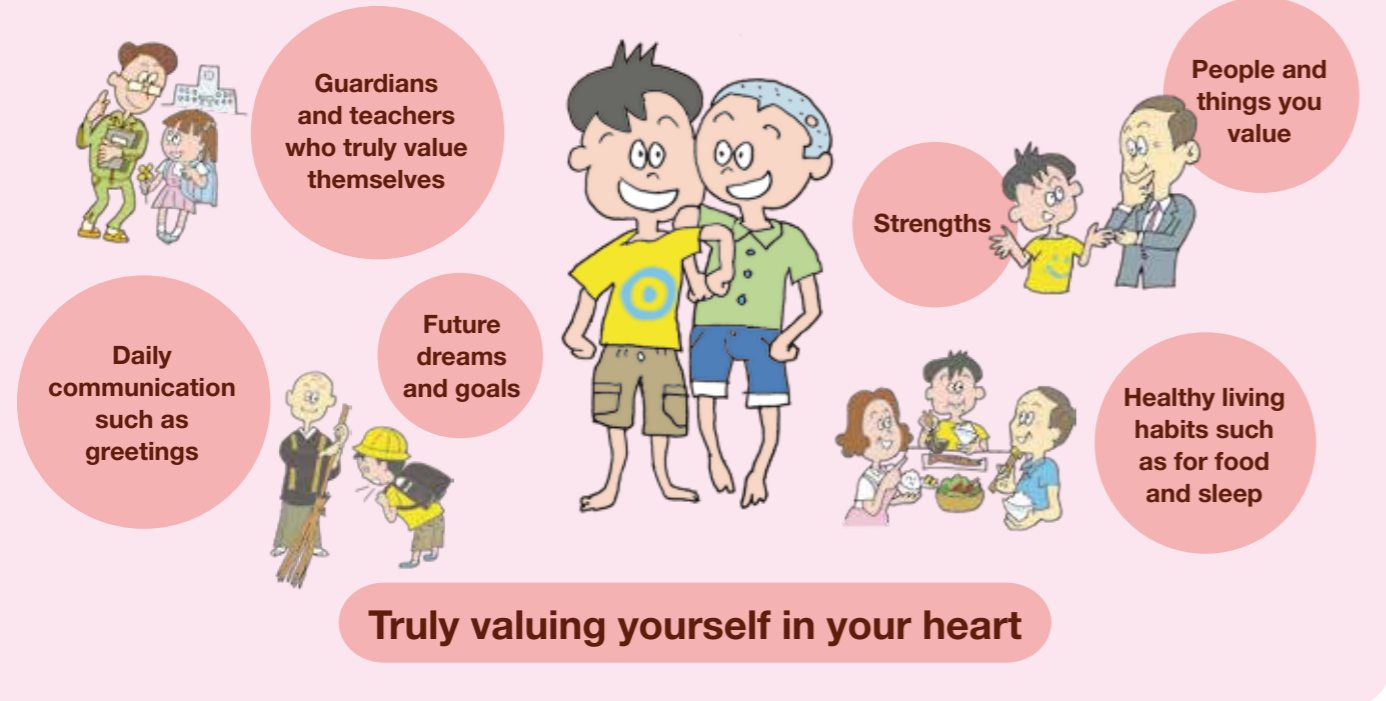


For prevention before it starts...

In order to protect against the danger of drug abuse by children before it starts, it is important for guardians to be careful everyday and closely watch over their children.

Raise your children to value themselves, keep away from bad invitations, and be able to refuse themselves if they receive an invitation.

Also, please tell them to stay away from dangerous places and to quickly run if they sense danger.



Basic knowledge about illegal drugs!

An increase in cannabis crimes!?

The number of people arrested for cannabis, which reached its peak in 2009 and had been decreasing, has been increasing in recent years, particularly with **increasing arrests of minors and people in their 20s**.

There are **concerns about the spread among young people**, such as arrests of high school students for violation of the Cannabis Control Act in Ibaraki Prefecture and Okayama Prefecture in 2016, and in Nagasaki Prefecture in 2017.

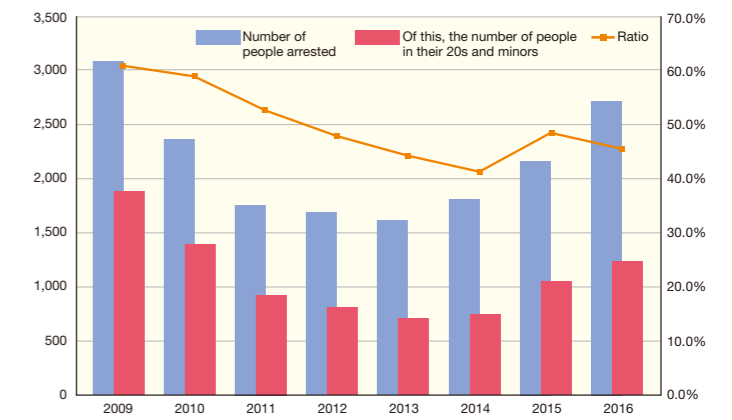
Although there is a stream of incorrect information such as "cannabis has no effect on the body" and "cannabis doesn't cause dependence," in reality cannabis is an **illegal drug that affects the brain and causes various problems**.

If cannabis is abused, the **person's perception changes, they lose the ability to concentrate, and have emotional instability**. In addition, if the abuse is continued, it causes a condition of not having motivation to do anything (disorder of diminished motivation), lowered intellectual function, cannabis-induced psychosis, and more, and makes the person become **unable to adapt to life in society**. Drug abuse in minors in particular greatly affects development of the mind and body.

Cannabis absolutely must not be used.



Change in the number of people arrested for cannabis crimes



What are dangerous drugs?

Dangerous drugs are sold under names such as "legal herbs," and in addition to **causing health damage and even death** to users, there are also **many reports of examples involving other people such as incidents causing injury and fatalities and traffic accidents**.

Due to legal reform in 2014, **it is illegal to possess, use, purchase, or transfer** "dangerous drugs" that are designated drugs, and street stores were destroyed due to the strengthened regulation. However, they are still being sold on the internet and other places.



Representative drugs that are abused

Drugs that are mainly abused in Japan are cannabis and dangerous drugs, as well as **stimulants, MDMA, psychotropic drugs, thinners (organic solvents)**, and more. Abuse of stimulants causes hallucinations and delusions, and **consuming large quantities can lead to death**. MDMA causes vision and hearing changes, there are cases of it harming people such as with anxiety and insomnia, and continued use causes people to fall victim to mental agitation. Psychotropic drugs have medical uses, but abusing them causes mental and health impediments. For all of these drugs, **even if you stop using them, your dependence on them will remain**. In addition, neural circuits control humans' actions and emotions, but drug abuse **destroys neural circuits**. This causes respiratory arrest, hallucinations, and impaired consciousness, and as a result can cause people to harm others and even lead to the user's death.