

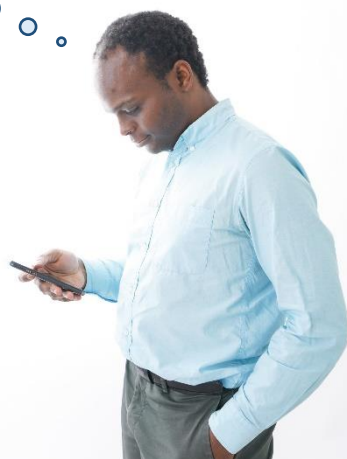
English-language Health Hotline Information for Users

The pain from my sports injury won't go away.

I want to find medical institutions that can help me in English.

I'm worried about my skin troubles.

I got results from my medical checkup in Japanese, and I want to know what they say.



We are here to support your health.

Please be assured that your privacy will be absolutely protected



For times like these:

You have physical symptoms you're worried about and want to consult with someone

You want to ask about first aid for injuries

You want to ask about maintaining/improving your health

You're looking for a medical institution

You are worried/anxious and want to have a consultation



*Once connected, follow the voice guidance and select English.

0120-205-129

Toll-free / No consultation fees

Weekdays: 9:00 a.m. - 5:00 p.m. (closed on Saturdays, Sundays, public holidays, and Dec. 31 to Jan. 3)

/ Reception by dedicated phone number

Held through three-way calls with interpreters and consultation staff members

Handling methods may vary depending upon the matters communicated in consultations.

- (1) Our experienced consultation staff will advise you on health and medical issues.
- (2) With a database of over 400,000 medical institutions nationwide, we will provide you with information and more related to medical institutions that suit your needs.

Service Provider: T-PEC Corporation 

Calls can't be made from overseas. Please take advantage of the overseas travel insurance and other services provided by your company.

When you call, we may be unable to fulfill your request depending on conditions, region, or details.

Please check <<https://www.t-pec.co.jp/notice/>> for details.

Regarding Handling of Personal Information

T-PEC CORPORATION uses personal information received from users to conduct appropriate services accompanying telephone reception, hold necessary sessions, and arrange appointments with medical institutions within the scope of consigned business. Additionally, we will not provide collected personal information to third parties other than contractors, except when the user has given consent or such provision is required by law. For details, please check the company website (Handling of Personal Information | T-PEC CORPORATION (<https://www.t-pec.co.jp/privacy/>)). Furthermore, T-PEC CORPORATION will alter any personal data collected during service provision in a way that does not enable user identification (such as statistical data in white papers and sales materials) before creating, using, and publishing statistical information to improve service quality and for PR/marketing purposes.

English-language Mental Health Counseling Service

Information for Users

- I'm worried about my relationships with others.
- I can't sleep well lately.
- I'm stressed out and irritated.
- I feel worried and unsure about things.
- I want someone to listen.



We are here to help with your troubles.

Please be assured that your privacy will be absolutely protected.



You can receive counseling from clinical psychologists and other mental health experts.
Please make an appointment to use this service.

Make reservations here (By three-way call)

*Once connected, follow the voice guidance and select English.



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Toll-free / No consultation fees

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■ How sessions work & How to make reservations

Temporary counseling - Telephone

- (1) Set up a date and time
- (2) Receive counseling (A counselor will call you; One call lasts approximately 20 minutes)

Continuous counseling – In-person or online session

(You cannot change formats after selecting one ; Free up to 5 times per year)

- (1) We send details about the service
- (2) Apply via the website
- (3) Receive counseling (Visit a counseling room or meet online)

Handling methods may vary depending upon the matters communicated in consultations.



What exactly happens during counseling?

During your counseling, we ask that you speak freely about your feelings, thoughts, and the cause of your worries.

By talking, you may



The counselor will carefully listen and respond to those thoughts and worries while helping you organize your problems and gain an understanding of your situation. They will work with you so you can discover a solution to your problems based on that understanding.

Service Provider : T-PEC Corporation 

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