

### 3. Suicide Prevention Week

*Tues 10 to Mon 16 September*

**Inquiries:** Mental Health & Welfare Division ☎ 054-249-3179

To anyone that is suffering or supporting someone who is...

#### **Don't suffer in silence, reach out.**

If you are suffering from worries or anxiety, talk to family or friends about it. If you don't have anyone to talk to, you find it hard to confide in those close to you, or you want specific advice, please make use of the public and private counseling services available.

#### **Have you noticed changes or signs of suffering in a loved-one?**

Please reach out to them, listen to what they have to say, and put them in touch with a counseling specialist. The Shizuoka City Suicide Prevention Website, "Shizu-Coco.Net" has links to counseling services for a variety of problems.

[www.shizu-coco.net](http://www.shizu-coco.net)

#### **General Consultation Meetings**

We hold general consultation meetings by lawyers, labor and social security attorneys, and counselors for people facing difficult and complicated problems.

**When:** In principle, every fourth Wednesday until March 2025. Slots start from 18:30, and 19:30 (Not available in October.)

**Where:** 7<sup>th</sup> floor, PARCHÉ

**Who:** One group per slot (participation with family is possible)

**Cost:** FREE

**Applications:** Japan Industrial Counselors Association ☎ 054-254-5151 (weekdays 09:00-16:30), first come first served.



City of Shizuoka's  
Suicide Prevention Character, Ikirun  
「生きる！を支える」  
みんなの隊長 いきるん



**Translated by:**

International and Intercultural Affairs Division

City of Shizuoka