

WHY DON'T WE THINK ABOUT MENTAL HEALTH

Changes in the surrounding environment, countermeasures against new coronavirus disease (COVID-19), unaccustomed to online communications and so on; many unusual concerns have been happening every day. How about you? Don't you have any worries? Take good care of your physical health as well as mental health. Let's overcome the crisis in 2020 together.

What to do if you notice any mental disorders of the people around you such as your family, friends and colleagues:

- (1) If you feel something unusual, the first thing you should do is say, "You seem not feeling well, are you okay?"
- (2) Next, you should take the other person's worries seriously, don't forget to show your feeling of empathy, and listen closely.
- (3) Then organize the problem, refer him/her to appropriate counseling agency, and continue to look after him/her.

●September is a month to strengthen suicide prevention awareness. If you're feeling mentally tired, don't keep your problems to yourself. First, try to talk to someone about it.

<Tama City Consultation Desk >

*About mental health problems= Mental health telephone counseling service ☎042-338-6818

Every Friday from 1:30 p.m. to 4:00 p.m., a professional counselor will answer to your phone call.

*About jobs and financial worries, life-related matters= Jobs and Life Support Station ☎042-338-6942

From Monday to Friday from 9:00 a.m. to 6:00 p.m. and Saturdays from 9:00 a.m. to 5:00 p.m., a professional counselor will help you in solving your problems. Please consult first by phone.

Please refer to below website for consultation desks, programs and others conducted by the Tokyo Met. Gov't:

https://www.fukushihoken.metro.tokyo.lg.jp/iryo/tokyokaigi/torikumi/campaign/campaign_0209.html

▽For inquiries: Welfare-General Affairs Section ☎042-338-6889

HELP PREVENT THE SPREAD OF NEW CORONAVIRUS INFECTIONS (COVID-19)

Please cooperate in the following points when you go out.

- (1) Wear a mask
- (2) Take your temperature before going out
- (3) Refrain from going out when you're not feeling well
- (4) Avoid the "Three Cs" =crowded places, close-contact settings, closed spaces

BE CAREFUL OF HEAT STROKE

In order to prevent from getting infected from novel coronavirus, it has been said that wearing a mask is effective to prevent droplets infections. However, compared with the case when you are not wearing a mask, heart rate, respiratory rate, the level of CO2 in the blood and sensible temperature may become higher which will become a burden on your body. When outdoor, you can remove your mask to prevent heatstroke if you have enough distance between people around you (2 meters or more).

It's already autumn season on the calendar, but the day when the temperature is still high continues. So, we still have to be careful of heat stroke.

▽Inquiries: Health Promotion Section ☎042-376-9111

INVITING CHILDREN TO ENTER TOKYO CERTIFIED DAYCARE CENTERS

Tokyo Certified Daycare Center is an urban-type children facility that the Tokyo Metropolitan Government independently certifies to meet diversifying childcare needs such as day care facilities in front of the station which are convenient for leaving and picking-up the child.

There are ten Tokyo certified daycare centers in Tama City (please refer to the official website).

You can make your applications and sign a contract directly to the facility. If you are thinking of having your children enter the daycare in April 2021 (Reiwa 3), please contact each facility directly.

▽For inquiries: Childcare Support Section ☎042-338-6850

Tama City
official website



RENEWAL OF MEDICAL HEALTH CARDS FOR CHILDREN'S MEDICAL EXPENSE SUBSIDY

▽Inquiries and submission: Childcare Support Section ☎042-338-6851

Marunyu (乳) and **Maruko** (子) medical cards renewal: The medical cards that you have at present are valid until Wed., Sept. 30. A new card will be sent by mail to the qualified persons by Fri., Sept. 18.

Submission of current status report: The form has been sent to those who need to renew their application in early August. It is necessary to submit the report in order to receive the subsidy. So, please do not forget it.

SEPTEMBER IS THE MONTH OF PAYMENT OF THE CHILD SUPPORT ALLOWANCE

Due to the system reform in November 2019 (Reiwa 1), the payment month is odd-numbered months; payment is six times a year. The child support allowance for the months of July and Aug. 2020 will be remitted to the account of recipients.

Remittance date: Friday, Sept. 11 ※If you have not received it until late Sept., please inform us.

▽**Inquiries:** Childcare Support Section ☎042-338-6851

THE 2020 (REIWA 2) POPULATION CENSUS BEGINS! 100 years have passed since the census began

On or after Monday, September 14, the census takers or enumerators wearing "Population Census Taker Identification Card" with "armband" will visit every household to explain an overview of the Census through intercoms, and then drop the questionnaire sheets and other documents to your mailbox. So, please cooperate in responding to the survey.

Date of census: As of Oct. 1, 2020 (R2) **Target of the census:** All people living in Japan (including foreigners) and households **Census items:** A total of 17 questions

How to respond: Select from the following three methods; however, in order to prevent the spread of new coronavirus (COVID-19), in principle, use either (1) or (2) methods (1) Respond online using computer, tablet or smartphone. (2) Send the completed questionnaire sheets by mail using the reply envelope. (3) Hand the completed questionnaire sheets to the census taker.

Please beware not to respond to any suspicious person pretending to be a census taker visiting your home, calling by phone or sending e-mails.

Response period: (1) From the day you received the questionnaires ~ Oct. 7 (Wed.)/ (2) & (3) Oct. 1~ (Thu.) 7 (Wed.)

▽**Inquiries:** Tama City Population Census Call Center ☎ 03-6630-6354 (Monday, September 14 to Friday, November 20 9:00 a.m. to 5:00 p.m.) Planning Section ☎042(338)6815

ROTA OF DOCTORS ON HOLIDAYS 9:00am-5:00pm TAMA CITY DOCTORS ASSO. <http://www.tama-med.or.jp/toban>

9/13(Sun.)	Nakamura Internal Med. Clinic	5-10-7 Suwa	☎042-375-7757
9/20(Sun.)	Aragaki Internal Medical & Surgical Clinic	3F Shintoshu Ctr. Bldg., 1-24-1 Tsurumaki	☎042-373-0514
	Nishida Children's Clinic	1F Flora Nagayama, 1-2-14 Nagayama	☎042-376-1001
9/21(Mon./Hol.)	Tama Nagayama Takada Clinic	3F Medical Mall Nagayama, 3-6 Kaidori	☎042-400-5145
	Takei Pediatrics	2-69-3 Sekido	☎042-357-3030
9/22 (Tue./Hol.)	Tamura Clinic	5F Tama Center Peperi Bldg., 1-32-1 Ochiai	☎042-356-0677
	Maehara Pediatrics	5F Seisekisakuragaoka OPA, 4-72 Sekido	☎042-374-5028
9/27(Sun.)	Saito Internal Med. & Respiratory Clinic	Rm. 202, 4-2-6 Nagayama	☎042-373-2522
10/4(Sun.)	Miyuki Clinic	1-8-3 Renkoji	☎042-372-4853

*Limited to emergency cases only. *Please phone the clinic before visiting and make sure to visit during clinic hours. *Bring along your health insurance card and the infant healthcare card (if applicable) to the clinic. *There might be changes of clinics on the list.

NIGHT CLINIC FOR CHILDREN (Pediatrics)

(Health Center = Kenko Senta) 19:00-21:45
Children are to first consult here for emergency illness
☎ 042-375-0909



EMERGENCY DENTAL TREATMENT ON HOLIDAYS

(Health Center) Dental care 9:00-15:30 ☎ 042-376-8009
(Sun., public holidays, year-end and New Year holidays)
*Be sure to call first. Appointment is necessary.

MEDICAL INSTITUTIONS INFORMATION (24-HOURS)

Emergency Tel. Center (Tama Fire Dept.) ☎042-375-9999
Fire Department Emergency Consultation Center
Tel. #7119 (Mobile, PHS, push phone); ☎042-521-2323 (dial phone)
Tokyo Met. Med. Health Info Service (Himawari) ☎ 03-5272-0303

MEDICAL INFORMATION IN FOREIGN LANGUAGES

(Tokyo Metropolitan Health and Medical Info Center)
9:00-20:00 ☎03-5285-8181

★COUNSELING FOR FOREIGNERS

Every 1st & 3rd Thurs. 13:30-16:30 TIC Room, 7F, VITA Commune (OPA Bldg.)

*By appointment basis only!

※Projects entrusted by Tama City

Please ask TIC Office for details

★SCHEDULE OF JAPANESE CLASSES (TIC members can attend the classes for free)

*Tama Center Class (Monday 10:00-12:00, etc.)	CareerMam Hall, 5F Cocolia Tama Center, etc.	9/7,14,28	10/5,12,19
*Nagayama Class (Monday 10:00-12:00)	Rm. 302 Higashi Nagayama Fukugo Shisetsu, etc.	9/7,14,28	10/5,12,19
*Sakuragaoka Class (Thursday 10:00-12:00)	TIC Rm., 7F, VITA Commune (OPA Bldg.)	9/3,10,17	10/1,8,15,22
"	(Thursday 19:00-21:00) TIC Rm., 7F, VITA Commune (OPA Bldg.)	9/10,17	10/1,8,15,22
"	(Saturday 14:00-16:00) TIC Rm., 7F, VITA Commune (OPA Bldg.)	*No lessons	10/3,10,24

▲For above inquiries and reservations, please call TIC Secretariat ☎042-355-2118

Published by Culture & Lifelong Learning Promotion Section, Living & Culture Dept., Tama City Hall ☎042-338-6882 every 10th of the month.



Prepared & edited by: TAMA CITY INTERNATIONAL CENTER (TIC)

TIC Secretariat: 7F, VITA Commune, 4-72 Sekido, Tama City 206-0011 ☎ 042-355-2118 Fax 042-355-2104

E-mail: tic@kdn.biglobe.ne.jp URL: <https://www.tic-tama.jp/>

Open from Monday to Saturday 10:00-17:00 (Closed on Sun., 1st & 3rd Mon., New Year holidays and other special holidays)

※If you have any opinions concerning HAND in HAND in TAMA, or if you want a copy of this newsletter which is available in four languages (Japanese, English, Chinese and Hangul), please contact the above. Editing: Kumiko Murata