

# JET Mental Health Counselling Assistance Programme Guidelines

## Council of Local Authorities for International Relations

### (Objective)

Article 1 In response to mental health problems and concerns confronted by JET participants, this Assistance Programme aims to reduce the financial burden on JET participants, alleviate symptoms, promote and maintain mental well-being by providing partial subsidies for counselling costs incurred through consultation with medical institutions and mental health professionals either within Japan or abroad that are not covered by the Japanese National Health Insurance.

### (Eligibility)

Article 2 Eligible recipients must be individuals who are currently on the JET Programme and working at contracting organisations.

### (Coverage)

Article 3 Costs of diagnoses/therapeutic care, or counselling not covered by the Japanese National Health Insurance at a medical institution or professional counselling provider, deemed appropriated by the Council of Local Authorities for International Relations (hereafter CLAIR).

### (Amount)

Article 4 The amount of subsidy shall be for 50% of counselling costs incurred that are not covered by the Japanese National Health Insurance for a maximum amount of 30,000 yen per person during the period specified by CLAIR.

2 In the case that the amount of subsidy determined according to the aforementioned item contains figures smaller than the unit of 1 yen, the amount shall be rounded down to the next lowest 1 yen increment.

### (Application)

Article 5 The applicant shall complete and submit the “Assistance Programme Application Form” (Form 1) along with original receipts and a photocopy of the bank book to CLAIR through the contracting organisation by the specified deadline.

### (Notification of Results)

Article 6 CLAIR shall review the content of the “Assistance Programme Application Form”, and determine its eligibility and amount of subsidy within the limit of the budget. Notification of results shall be done through the contracting organisation. Receipts sent as proof of payment must display the name of the counselling institution

(or provider), name of the applicant, date of payment, and costs incurred for the service(s). If CLAIR does not recognise proof of payment as valid, the application will be rendered ineligible.

If the payment stated in the application was made in a currency other than yen, the amount of reimbursement will be determined using the exchange rate on the date the payment was made to the counselling institution.

(Method of Reimbursement)

Article 7 CLAIR shall provide the reimbursement to the bank account designated by the applicant.

(Auxiliary Provision)

Article 8 Other necessary items not outlined in these guidelines shall be determined by CLAIR.

Addendum

These guidelines shall become effective as of August 1, 2014.

Addendum

These guidelines shall become effective as of April 1, 2015.

Addendum

These guidelines shall become effective as of April 1, 2016.

Addendum

These guidelines shall become effective as of April 1, 2019.

Addendum

These guidelines shall become effective as of April 1, 2021.