

Counselling and Support Contacts

To JET ALTs in Tokyo private schools,

For most JET participants, this would be the first time to live and work in Japan. When having troubles at work or in daily life, please talk to your supervisor to ask for support. Or you may contact relevant service providers listed below for seeking support, information or consultation. Shigaku Zaidan JET Support or Shigaku JET-PA also provide assistance in finding information or primary consultation for dealing with problems.


Please write your **JET No.** and **Full Name** when you email.

Shigaku Zaidan "JET Support" : **shigaku-jet@shigaku-tokyo.or.jp**
 Shigaku "JET-PA" : **tokyojetpas@shigaku-tokyo.or.jp**

1) Inquiries on Daily Life

Categories	Service Counters	Opening Hours	Telephone	Email / URL
General Consultation Problems of Daily Life and Living Information	Tokyo Metropolitan Government Foreign Residents' Advisory Centre	Mon - Fri (Except national holidays and New Year's holiday)	9:30-12:00 / 13:00-17:00	03-5320-7744 https://www.metro.tokyo.lg.jp/english/guide/guide01.html
Medical Institution Information Healthcare System	Tokyo Metropolitan Health and Medical Information Centre	Daily	9:00-20:00	03-5285-8181 http://www.himawari.metro.tokyo.jp/i/qq13immelt.asp https://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/
Medical and Healthcare Consultation by Telephone	AMDA International Medical Information Centre	Mon - Fri (No service on holidays and Dec 29 - Jan 3)	10:00-16:00	03-6233-9266 https://www.amdamedicalcenter.com/activities
Mental Support and Counselling	TELL JAPAN Life Line	Daily	Check their HP	03-5774-0992 http://telljp.com/lifeline/
Comprehensive Living Guide	Tokyo Intercultural Portal Site			https://tabunka.tokyo-tsunagari.or.jp/english/
Tax in Japan	National Tax Agency	Mon - Fri (Except national holidays and New Year's holiday)	9:00-17:00	03-3821-9070 http://www.nta.go.jp/english/index.htm
Immigration	Foreign Residents Information Centre	Mon - Fri (Except national holidays and New Year's holiday)	8:30-17:15	0570-013904 03-5796-7112 info-tokyo@i.moj.go.jp http://www.immi-moj.go.jp/english/info/index.html

2) JET Communities

Categories	Service Counters	URL	Remarks
Interaction with Other JETs	Tokyo JET Wiki	https://tokyojet.fandom.com/wiki/Tokyo_JET_Wiki	An independent, self-supporting volunteer organisations that represent JET participants
	Tokyo Private School JET 	https://www.facebook.com/groups/tokyoprivateschooljets/	
	AJET (The Association for Japan Exchange and Teaching)	http://ajet.net/	

3) Services Provided by CLAIR and Shigaku Zaidan (Metropolitan Foundation for Private Schools)

Categories	Service Counters	Email / URL	Remarks
JET Online Counselling & Mental Support	Web Mail Counselling Service	https://jetcounseling.com/	Login password is required. Please contact: shigaku-jet@shigaku-tokyo.or.jp
	SKYPE Counselling Service		
Troubles or Concerns with Residence	Global Trust Networks Co., Ltd. (GTN)	agent@gtn.co.jp https://www.gtn.co.jp/en/	For those who asked for GTN's assistance to find the apartment

*1 In addition to above contacts, the local municipalities sometimes have counselling services. Make sure to call them first as they may need to set an interpreter.

*2 The information placed in here may be changed without notice.