

Firstly

Sometimes I think...

I want to die

I want to disappear

I'm useless

I feel bad

Everyone experiences these feelings once in their lifetime.

People say, "Life has its ups and downs."

But life has different sides,

there are enjoyable times and difficult times.

It is natural to think deeply about your way of life, future career and life and death during your adolescence.

There is nothing wrong with worrying.

However, if you cannot find an answer that satisfies you, no matter how much you worry and experience distress, it is like walking through a tunnel with no exit in sight.

We will introduce some methods and ways of thinking for you to overcome your difficult moments of life.

Don't worry alone, please consult

Would you tell us a little bit about your concerns?

On-campus consultations

Center for Counseling and Disability Services



Counseling Office

TEL 022-795-7833

Disability Services Office

TEL 022-795-7696

<http://www.ccds.ihe.tohoku.ac.jp/>

Student Health Care Center



Mental Health

TEL 022-795-7829

<https://www.health.ihe.tohoku.ac.jp/>

Off-campus consultations (Japanese only)

Sendai Inochi no Denwa (lifeline)

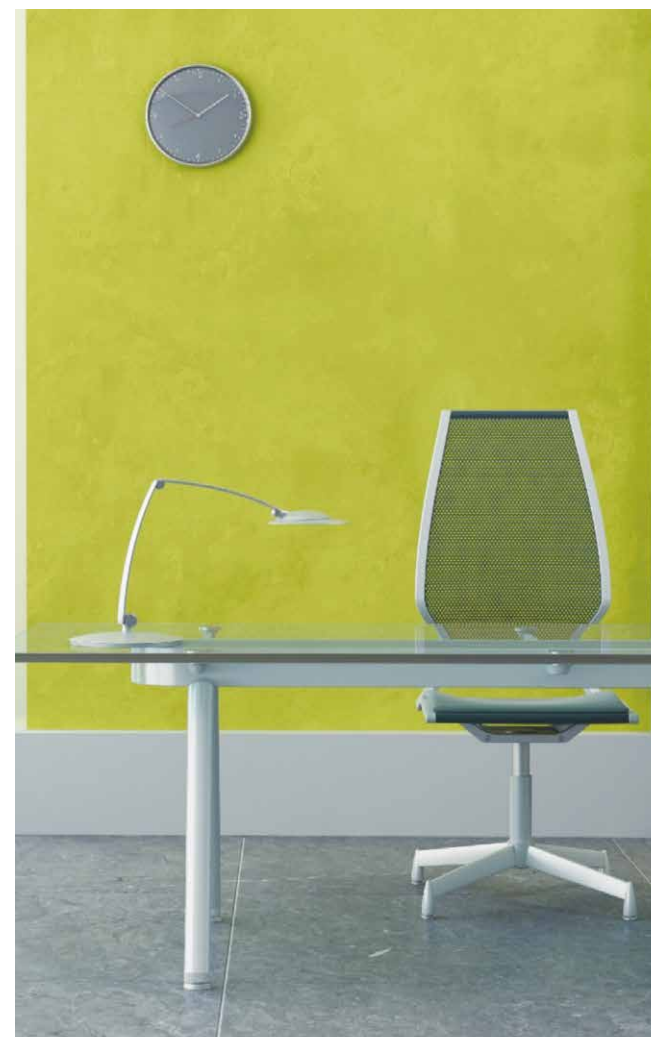
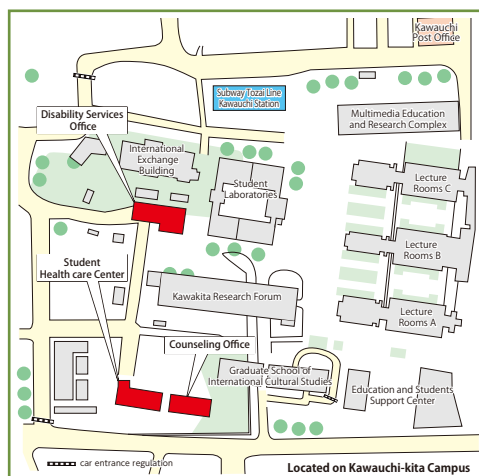
TEL 022-718-4343 (24/7)

Sendai Kokoro no Kizuna Center

TEL 022-225-5560

Miyagi Suicide Prevention Information Center

TEL 022-225-5560



EMPOWERMENT Series②

Overcoming Most Difficult Periods of Life

coping with psychological crisis

Center for Counseling and Disability Services
Tohoku University

How to overcome difficult moments

Take a rest when you are mentally tired

1

It is essential to take a good rest when you are physically and/or mentally tired. It may be a good idea to go and relax at your parents' home.

Organize your thoughts

2

It would help if you tried to express your feelings or thoughts in any shape and to organize them.

It may be good to let out your feelings by talking to someone close to you, by writing your thoughts down in a notebook, or by taking notes on your phone or PC.

End your loop of negative thinking

3

When you get caught up in thinking negatively, imagine yourself cutting them off.

Change your mood in your own way

4

You may have no room in your mind when facing a difficult time because you are obsessed with your worries. However, it would help if you tried to change your mood in your own way. Try taking a walk to view the nature.



Quit thinking sometimes

5

Sometimes you may think about things for which you cannot find a solution to. When you are tired of thinking, it is okay to stop thinking. Saying "I'm not going to think!" aloud will help you stop.

Consult others

6

When you are having a tough time, talk to anyone, your friends, family, or your partner. A simple talk, such as old stories or catching up on each other, may help you cheer up.

If you feel increasingly depressed

Please do not hesitate to contact someone when you feel that you want to die due to feelings of hopelessness or helplessness.

You should contact someone if you are injuring yourself, visiting suicidal sights, or preparing to die collecting knives, drugs, ropes, etc.

In such cases, you should consult a specialist as soon as possible.

In an emergency, Dial 110 or 119 without hesitation!

In summary

One may hesitate to visit the student counseling office or a mental health clinic. Consulting specialists is nothing to be embarrassed about.

Please consult because your worries may be based on mental/psychological problems such as depression, and other issues.
