## Mental Health and Lifestyle

## Mental Health and Lifestyle Survey: Outline (2/2)

 Procedures from submission of an inquiry sheet to receipt of support-Relevant organizations and doctors are collaboratively offering care.



- For people who are considered to require continued support, care is provided in collaboration with regional registered doctors and municipalities, etc.
- Survey results are sent individually from FY2014.
- \* Registered doctors: Psychiatrists and pediatricians, etc., who have received lectures concerning disaster mental health and radiation medical science: As of July 1, 2023, there are 117 registered doctors in 78 medical institutions.
- \* Based on the results of the questionnaire survey, support by phone has been provided to about 100 children and 2,000 adults in recent years. The support by phone adopts an outreach system under which support providers make phone calls to support recipients.
- Additionally, for some people who are not eligible for support by phone, support in writing is offered.

Prepared based on the materials for the 49th Prefectural Oversight Committee Meetings for Fukushima Health Management Survey

Analysis results and advice based thereon are individually sent to people who have submitted inquiry sheets. For respondents who are considered to require professional support as a result of analyzing their responses, certified public psychologists, public health nurses, or clinical nurses, etc. make a phone call to offer support concerning problems with their mental health and lifestyles. If necessary, brochures containing health-related information and contacts for consultation services are provided by mail.

Remarks by people who have received support by phone include, "I am glad that I can confess what I cannot say to my family," or, "I am relieved to know that I can call this number to make consultations whenever I feel depressed."

Regarding those in need of continued support or professional medical care, support is offered in collaboration with municipalities, the Fukushima Center for Disaster Mental Health and registered doctors who can provide professional advice.

Included in this reference material on March 31, 2013 Updated on March 31, 2024