

When Feeling Depressed or Anxious

Consult a public health nurse, a nurse or a special institution nearby if you are aware of any change as follows in yourselves. It is important to share everything and be listened to.

Signs of depression - Signs you can notice yourselves

- Feel sad, gloomy, down
- Easy to get tired, feeling unwell (lethargic)
- Hard to sleep, get up earlier than usual in the morning
- Feel worse in the morning than in the evening
- Unable to overcome failure, sorrow, disappointment
- Disinterested in everything, have no fun
- Feel weaker, less motivated, less focused (dull)
- Less appetite, in no mood to meet people
- Unable to get rid of worries, paranoid
- Blame yourself, feel worthless, etc.

("Do you know what depression is like?" (pamphlet for the general public (draft)), Ministry of Health, Labour and Welfare; <http://www.mhlw.go.jp/shingi/2004/01/s0126-5d.html>)

Below are consultation services you can turn to when you have problems with yourselves or your family, such as worries, anxiety, loneliness and alcohol problems.	Consultation service	Phone number	Business hours
	Fukushima Mental Care Centre Telephone Counselling Service for Disaster Victims, Fukukoko Line	024-925-8322	9:00-12:00 and 13:00-17:00 from Mon. to Fri. (except national holidays and the year-end and New Year holidays)
	Telephone Mental Health Counselling Service (For people residing in Fukushima Prefecture) (For people residing outside Fukushima Prefecture)	024-535-5560 0570-064-556	9:00-17:00 from Mon. to Fri. (except national holidays)
	Fukushima Counselling Service	024-536-4343	10:00-22:00 every day (open 365 days a year)
	Fukushima Mental Health and Welfare Centre	024-535-3556	9:00-17:00 from Mon. to Fri. (except national holidays and the year-end and New Year holidays)

Child counseling (under age 18): If you have any concerns, turn to the nearest health center in your municipality.

Source: Prepared based on the "List of Other Counseling Services," Radiation Medical Science Center for the Fukushima Health Management Survey, Fukushima Medical University

Depression is considered to be caused when the part of the brain associated with emotions and willingness becomes underactive.

We are exposed to a lot of stress as we have worries or are under pressure in our daily lives. Getting enough sleep or a good rest can reduce such stress to some extent. This is because our bodies have natural healing power.

However, if we keep worrying or are under pressure for a long time or if we continue overwork, we may become more likely to develop depression. The symptoms of depression or symptoms suspected of being related to depression are as follows:

- (i) Symptoms related to emotions and willingness, such as feeling down, unmotivated, having a hard time concentrating, losing the power to think;
- (ii) Symptoms related to sleep, such as having a hard time falling asleep, waking up in the middle of the night, having a hard time getting a good night's sleep or waking up earlier than usual in the morning;
- (iii) Symptoms related to appetite, such as having no appetite, food not tasting good, having an upset stomach.

If you have any of the above, it is important to call a specialized institution or counselling service without hesitation.

Reference: "Depression and Depressive States," Fukushima Mental Care Centre, supervised by Misato Oe

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