

	Title	Purpose and Target	Issued by	Issued in	URL
(i)	A Manual on How to Promote Measures against Depression - for Prefectural and Municipal Officials -	<ul style="list-style-type: none"> <li>• Purpose: To appropriately treat depression</li> <li>• Target: Local residents</li> </ul>	Ministry of Health, Labour, and Welfare Regional Anti-Depression Committee	January 2004	<a href="https://www.mhlw.go.jp/shingi/2004/01/s0126-5.html#1">https://www.mhlw.go.jp/shingi/2004/01/s0126-5.html#1</a>
(ii)	A Manual on How to Deal with Depression - for Health and Medical Personnel -	<ul style="list-style-type: none"> <li>• Purpose: To appropriately treat depression</li> <li>• Target: Local residents</li> </ul>	Ministry of Health, Labour, and Welfare Regional Anti-Depression Committee	January 2004	<a href="https://www.mhlw.go.jp/shingi/2004/01/s0126-5.html#2">https://www.mhlw.go.jp/shingi/2004/01/s0126-5.html#2</a>
(iii)	Drinking Problems after Disasters	<ul style="list-style-type: none"> <li>• Purpose: To treat people suffering from alcoholism</li> <li>• Target: Alcohol addicts after a disaster</li> </ul>	National Center of Neurology and Psychiatry, National Information Center of Disaster Mental Health	—	<a href="https://saigai-kokoro.ncnp.go.jp/documen/nt/pdf/mental_info_alcohol.pdf">https://saigai-kokoro.ncnp.go.jp/documen/nt/pdf/mental_info_alcohol.pdf</a>
(iv)	To Support People Inclined toward Suicide - Guideline for Counselors -	<ul style="list-style-type: none"> <li>• Purpose: To confirm the basic knowledge and action guideline required for counseling and supporting activities</li> <li>• Target: People inclined toward suicide, including survivors of suicide attempts, suicide repeaters, and people contemplating suicide</li> </ul>	Ministry of Health, Labour and Welfare, Health and Labour Science Research Grants Mental Health Science Research Program	January 2009	<a href="https://www.mhlw.go.jp/bunya/shougaiho/ken/jisatsu/dl/02.pdf">https://www.mhlw.go.jp/bunya/shougaiho/ken/jisatsu/dl/02.pdf</a>
(v)	A Guideline on Evaluating and Supporting Social Recluses	<ul style="list-style-type: none"> <li>• Purpose: It is created as a practical guideline on how to evaluate and support social recluses.</li> <li>• Target: People who fall under the category of social recluses</li> </ul>	Ministry of Health, Labour and Welfare, Health and Labour Science Research Grants Mental Health Science Research Program	May 2010	<a href="http://www.zmhwc.jp/pdf/report/guidebook.pdf">http://www.zmhwc.jp/pdf/report/guidebook.pdf</a>
(vi)	A Manual on How to Support Disaster Victims Suffering from Dementia and Their Family (for Medical Purposes)	<ul style="list-style-type: none"> <li>• Purpose: For medical purposes</li> <li>• Target: People with dementia living in evacuation centers and their family</li> </ul>	Japan Society for Dementia Research	—	<a href="http://dementia.umin.jp/iryou419.pdf">http://dementia.umin.jp/iryou419.pdf</a>
(vii)	A Manual on How to Support Disaster Victims Suffering from Dementia and Their Family (for Nursing Purposes)	<ul style="list-style-type: none"> <li>• Purpose: For nursing purposes</li> <li>• Target: People with dementia living in evacuation centers and their family and nursing personnel</li> </ul>	Japan Society for Dementia Research	—	<a href="http://dementia.umin.jp/kai-go419.pdf">http://dementia.umin.jp/kai-go419.pdf</a>

The table shows reference materials on general psychological care after disasters, particularly in relation to depression, stress, drinking habits, suicide, social recluses, dementia, etc.

(i) and (ii) are manuals for regional administrative officials and health and medical personnel to implement general anti-depression measures. They provide precautions in making conversation with people with anxiety, and specific examples of how to explain or ask questions.

(iii) explains how health and medical personnel should deal with alcohol addicts after disasters.

(iv) assumes people inclined toward suicide, including survivors of suicide attempts, suicide repeaters and people contemplating suicide as targets. It provides the basic knowledge and action guideline required for workers in healthcare centers and mental health welfare centers, municipal officials, case workers and children's social workers in providing counseling and support activities.

(v) is a guideline providing examples of social recluses, which is a practical material for use by institutions specialized in mental health, medical care, welfare and education in evaluating and supporting social recluses.

(vi) and (vii) are manuals on people with dementia living in evacuation centers and their family. (vi) is directed to medical personnel such as doctors and nurses treating dementia in disaster-stricken areas. (vii) is aimed at supporting nursing personnel.

Included in this reference material on March 31, 2015

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