Mental Health Mental Health and Lifestyle Survey: Outline (2/2) and Lifestyle Number of people who received support by phone Procedures from submission of an inquiry sheet to receipt of support -Relevant organizations and doctors are collaboratively offering care. Children Adults FY2011 1.180 6.310 FY2012 623 5,991 FY2013 473 3,913 FY2014 327 3,053 FY2015 250 2,567 2,382 FY2016 181 FY2017 210 2,410 FY2018 167 2,404 FY2019 143 2,117 Number of people who received support in writing Children Adults FY2011 10.898 1.066 FY2012 800 10,168 * For people who are considered to require continued support, care is FY2013 752 7,664 provided in collaboration with regional registered doctors and municipalities, etc. FY2014 517 6,244 FY2015 435 6,075 * Survey results are sent individually from FY2014. FY2016 336 6,098 * Registered doctors: Psychiatrists and pediatricians, etc., who have received lectures concerning disaster mental health and radiation medical science: FY2017 375 5.545 As of July 1, 2021, there are 123 registered doctors in 78 medical institutions. FY2018 297 4,994 FY2019 314 4,408

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, clinical psychotherapists, public health

Prepared based on the materials for the 11th, 15th, 19th, 22nd, 26th, 27th, 31st, 32nd, 35th, 38th, 39th and 42nd

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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, 2022