

# Health Support Center, University of Shizuoka

## We support your mental and physical health

The Health Support Center is divided into four sections: the Health Promotion Room, the Counseling Room, the Healthcare Room, and the Disabled Student Support Room.

Various activities are carried out to maintain and improve the health of students, faculty and staff.

The Health Support Center is located on the first floor of General Education Building, except for the Health Care Room.

### Health promotion room

**Mon. - Thur. 9:00 – 17:00 / Fri. 9:00 – 16:00**

This is the place to provide students with the guidance.

You can also do light exercise and health-related lectures.

 **054-264-5200**

**kenko1@u-shizuoka-ken.ac.jp**

### Counseling room

**Mon. - Fri. 9:00 – 17:00**

Students can come to seek counsel on issues such as interpersonal relationships and the daily life matters free of charge.

When in trouble, students are advised to ask for help instead of worrying about their problems alone.

Your problems will be kept strictly confidential.

We are sorry that counseling is only available for those who are fluent in Japanese.

**for reservation**

**soudan8@u-shizuoka-ken.ac.jp**



### Disabled Student Support room

**Mon. - Fri. 10:00 – 17:00**

We provide consultation for students who wish to receive special consideration during their studies due to a disability or chronic illness.

We coordinate necessary support and provision of reasonable accommodation in cooperation with class instructors and departments.

Please feel free to contact us.

 **054-264-5311**

**soudan1@u-shizuoka-ken.ac.jp**

Health Support Center Homepage

<https://sweb.u-shizuoka-ken.ac.jp/~kenko/index.html>

### Healthcare Room

**Mon. - Thur. 9:00 – 16:00 / Fri. 9:00 – 15:00**

The Healthcare Room is located on the first floor of the Habataki Building.

You can receive health consultations, physical check-ups, and first aid treatment for sickness and injuries free of charge. Please take advantage of them.

We could introduce clinics near university if you need.

We do not offer an insurance policy.

 **054-264-5117**

**Soudan2@u-shizuoka-ken.ac.jp**

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Health checkup

All students must take annual university health checkup that the University offers in April.

Without this checkup, students cannot receive university health certifications that may be required for applications for scholarship, job, or graduate programs.

