

# HEALTH & WELLNESS

## Physical Health

**Japan Health Info:** This is an **INCREDIBLE** resource. They will locate an English speaking doctor in your area, for free, and can even make an appointment for you, (though that costs 1100Y). Highly recommended!

- Web: <http://japanhealthinfo.com/>
- Email: [contact@japanhealthinfo.com](mailto:contact@japanhealthinfo.com)
- TEL: 080-4421-7477



You can also find **English speaking doctors** on the Kumamoto ALT website. ([kumamotojet.com/shin](http://kumamotojet.com/shin) > left sidebar > Health > English Speaking Doctors in Kumamoto)

**Health Insurance:** Through JET and the mandatory Japanese health plan, you are covered for 70% of all *necessary* health costs. This includes non-cosmetic dentistry (a check up and clean will cost about ¥2000), most health problems, and emergency care. Usually the 30% is small and affordable, but in many cases, we also have extra JET insurance to cover the remainder in cases where costs are high. Simply show them your blue insurance card, and you will be covered! You will get your insurance card a few weeks after you arrive in Japan.

**General Hospitals:** General Hospitals (byouin) in Japan are not necessarily only for emergencies and major illnesses. Japanese people may suggest going to the "hospital" when you have a cold, but they mean just to go visit the local doctor's office or any clinics. Kumamoto City also has a variety of specialized hospitals, such as Kinoh Hospital for bone and tissue damage and Fukuda Women's Hospital. Most hospitals and clinics will make you a card which you must have with you when you go to see a doctor. It is used when you arrive and you get it back when you pay for your visit. Often your health insurance card (hokensho) is required at the same time so keep them together in your wallet if you can. If you want medication (even for the flu), it's often cheaper to visit the doctor and get your prescription through the pharmacy, often attached to the clinic, than it is to go the drug store and pick out one yourself.

**Optometrists:** Glasses are not covered by insurance, but can be quite reasonably priced.

**Dermatologists:** Dermatology is similar to home but with less variety. You can expect the usual questions and less of a plethora of drugs and more of a holistic approach. The cost of the treatments and medicine can be cheap.

**Vitamins & Herbs:** iHerb is a great website that sells an incredible variety of health supplements from foreign countries. You can view the website in English by clicking on the top left tab near the logo. <https://jp.iherb.com/>

**Cooking:** Just One Cookbook is a good website for learning to cook Japanese food. Learn how to prepare all those healthy veggies you see in the supermarket!  
[www.justonecookbook.com](http://www.justonecookbook.com)

**Women's Health in Japan:** Experiences vary, but it seems pretty common for the exam to be less private than you may be used to/expect (think the doctor and at least two nurses

in the room). The equipment might be a bit off putting as well, but outside of this, it is just as straightforward as it was in our home countries.

## Mental Health

### **Mental Health Support Lines**

Remember that your first line of support can always be your **Prefectural Advisors (PAs)** and **area leaders**.

**Prefectural Advisors:** PAs **Lily McDermott** and **Bilal Khan** are perfect for local support, and can be your first option in a crisis. They're wonderful and kind, and at least consider them before heading a secondary resource!

For non-emergencies, try emailing them at **KumamotoPA@gmail.com**

### **JET Online Counseling**

- Free and confidential counseling for JETs provided by trained professionals through web mail or Skype.
- Ask your supervisor for the login information now! Then you can use it anytime later.

### **Peer Support Group (PSG) 050-5534-5566**

- Run by JETs, for JETs, PSG serves as a listening and support service from 8PM-7AM every day of the week. PSG is 100% **confidential and anonymous**.
- PSG provides support by phone or through Skype (username AJETPSG).

### **Tokyo English Life Line: 03-5774-0992**

- Similar to the PSG Line, but operates from 9AM-11PM daily
- Is **NOT** JET affiliated in any way.

## **Culture Shock**

### **Coping with Culture Shock**

Eat well, exercise, try relaxation techniques like meditation, yoga, or tactical breathing, explore your neighborhood, develop your network of friends here, don't isolate yourself, don't cut yourself off from the Japanese community around you,

keep a diary or journal, write down why you came to Japan, and refer to those points, learn to say "no" to things you don't want to do and keep some time for yourself. If a lot of your trouble is coming from the inability to speak Japanese, study! Talk to people - friends, family, and utilize support lines.

### **SAD (Seasonal Affective Disorder)**

Symptoms of SAD include: hopelessness, anxiety, loss of energy, social withdrawal, oversleeping, loss of interest in activities you once enjoyed, appetite changes, especially a craving for foods high in carbohydrates, weight gain, and difficulty concentrating. Some ways to avoid SAD: do physical exercise, use light therapy (get a "light Box"), eat healthy, and seek professional counselling.

## Spiritual Health

There are a number of Buddhist temples, Protestant Churches, Catholic Churches, as well as a Mosque in Kumamoto.

