



NEED TO TALK?  
WE ARE HERE TO LISTEN

Certified not-for-profit organization,  
serving the international community in Japan since 1973.

**TELL**  
**Lifeline**  
03-5774-0992  
and by chat

Free, anonymous, and  
confidential 7 days a  
week, 365 days a year.

For our most up-to-date hours:

  @telljapan

**TELL**  
**Counseling**  
03-4550-1146 (Tokyo)  
098-957-1287 (Okinawa)  
Mon - Fri, 10am - 3pm

Professional counseling  
and comprehensive  
psychological assessment  
by multilingual therapists  
and psychologists.

**TELL**  
**Outreach**  
03-4550-1191

Our extensive outreach  
programs cover a wide range  
of issues that are important to  
the international community,  
and provide up-to-the-minute  
information on available  
resources.

**We are here to listen.**  
[telljp.com](http://telljp.com)

tell 



THROUGH COVID-19  
WE'RE HERE FOR YOU



[www.telljp.com](http://www.telljp.com)

In 2020 we...

#### Outreach

- Delivered over 70 workshops to the community, schools & businesses
- Developed resources for the community
- Held 32 interviews with media

#### Events

- Converted our Tokyo Tower Climb into a country wide Step Up Challenge
- Held a Savor the Hope Online Auction

#### Clinic

- Moved to teletherapy & in person sessions where possible
- Provided over 10,000 sessions to families, couples and individuals around the country

#### Lifeline

- Covered 1534 shifts - only missed 12 hours in whole year
- Provided over 5350 hours of support
- Connected with over 8000 users
- Moved to chat and Skype shifts on April 13
- Handled 954 suicide protocols