

March 20, 2011

Message to International Students from Student Counseling Center

Director, Tohoku Earthquake Headquarters for Disaster Countermeasures

Maeda Masafumi

We believe that many of you are experiencing anxiety and frustration and continuing aftershocks after the massive earthquake off the coast of the Tohoku region and ongoing rolling blackouts. We imagine that some of you have been under growing stress both physically and mentally. We advise you to contact the following counseling services available at the University if you seek any assistance.

Counseling services at the University of Tokyo

Office for International Exchange/International Liaison Office:

http://www.utokyo.ac.jp/res02/03_10_j.html

International Center <http://dir.utokyo.ac.jp/en/Center/>

Hongo Office: 03-5841-2360

Komaba Office: 03-5454-6064

Kashiwa Office: 04-7136-4556 (Monday- Friday 9:00-17:00)