

Important Information!

September is the month for promoting the prevention of suicide in Niigata Prefecture.
March is the month for intensifying the prevention of suicide in Niigata Prefecture.

Are your heart and mind doing well? How about someone near you? What is it like to suffer from depression?

Depression is a brain disorder, in which the effect of serotonin, a substance found in the brain deteriorates. Depression is NOT caused by a person's way of looking at things or emotional dependence. Even minor changes in your daily life may sometimes trigger depression.

Have you experienced these signs or symptoms lately?

Physical Signs

- Cannot sleep well
- Poor appetite
- Sluggishness or fatigue
- Headaches and stomachaches
- Shortness of breath
- Stiff neck
- Diarrhea or constipation

Mental Signs

- Continual feeling of depression
- Nothing is enjoyable
- Can't concentrate for very long
- Strong feeling of irritation
- Making more mistakes at work or with household chores
- Blaming yourself
- Not wanting to be with other people

Is there anyone around you showing these signs?

- They look gloomy and aren't energetic
- They are drinking more alcohol than usual
- More cases of them being late, leaving early, or missing work or classes
- They cry more easily
- They complain about poor health more often
- They are often irritable and can't calm down

If these signs continue for more than two weeks, it might be depression.
Depression is a disorder, which can get better with good rest and medication.

Do not worry by yourself.
Come and talk with us!



Hotto Chan
The city's promotional character
for good mental health



Nagaoka City Website
QR Code



Consult professionals at various organizations and facilities.

Medical Facilities in Nagaoka

Before visiting these facilities, please check their treatment days and hours.

	Medical Facilities	Phone	Address
Psychiatric Hospitals	Niigata Prefectural Mental Health Center	0258-24-3930	2-4-1 Kotobuki
	Tamiya Hospital	0258-46-3200	2300 Fukasawa-machi
	Mishima Hospital	0258-42-2311	1713-8 Fujikawa
Clinics for Outpatient Treatment	Kokoro no Clinic, With (Dept. of Psychiatry)	0258-34-7502	Yamaka Bldg.1F 3-2-1 Jyonai-cho
	Ojima Psychosomatic Clinic (Dept. of Psychosomatic Medicine and Dept. of Psychiatry)	0258-25-8707	1177-69 Midori-cho 1Kou
	Mental Clinic Nagaoka (Dept. of Psychosomatic Medicine and Dept. of Psychiatry)	0258-84-7337	1F 3-11-46 Gakko-cho

Consultation Offices

Appointments may be needed. Please check prior to consultations.

Consultation Contents	Facilities and Phone Numbers	Hours	Consultants
Debt and Multiple Debts	Nagaoka City Consumers' Center (Nagaoka Civic Center) 0258-32-0022	Monday – Friday 9:00 a.m. – 4:30 p.m.	Consumer Advisors
Problems Regarding Family Affairs, Spousal Relations, Interpersonal Relations, and Way of Life	Will Nagaoka Consultation Room (Nagaoka Civic Center) 0258-39-9357	Monday – Saturday 10:00 a.m. – 4:30 p.m.	Female Consultants
Youth Employment Consultations	Nagaoka District Youth Support Station 0258-86-7730	Monday – Friday 10:00 a.m. – 5:00 p.m.	Consultants
Legal Consultations	Citizens' Consultation Desk (City Hall Plaza – Aôre Nagaoka) 0258-39-2255	Fridays 1:00 p.m. – 5:00 p.m.	Lawyers
Real Estate Registration, Multiple Debts, Adult Guardianships, etc.	Citizens' Consultation Desk (City Hall Plaza – Aôre Nagaoka) 0258-39-2255	2 nd Tuesday of every month 1:30 p.m. – 4:30 p.m.	Judicial Clerks
Problems Regarding Special Needs People and Their Families	Special Needs Support Section Social Welfare Division (City Hall Plaza – Aôre Nagaoka) 0258-39-2218	Monday – Friday 8:30 a.m. – 5:15 p.m.	Consultants
Problems with Employment and Daily Life	Nagaoka City Personal Support Center (Nagaoka City Social Welfare Center) 0258-89-8263	Monday – Friday 8:30 a.m. – 5:15 p.m.	Consultation Supporters

Various Group Consultations (appointments required)
 (Please call for appointments) Weekdays 8:30 a.m. – 5:15 p.m.

- Meetings for People with Emotional Problems For people suffering from emotional problems
- Get-Together Consultation For families who have lost loved ones
- Consultation Meetings Concerning Alcoholics For people with habitual alcoholic problems
- General Consultations Concerning Life Problems ... Professional consultations concerning physical, emotional, and financial problems, etc.

For meeting schedules, please refer to the city newsletter, the branch office newsletters, or the Nagaoka City Website and make an appointment with the appropriate division (listed below) well in advance. At the information desks of each of these divisions, public health nurses are regularly stationed for consultations.

Nagaoka City	0258-39-7508	(Health Division)
Nakanoshima Branch	0258-61-2015	(Citizens' Affairs and Service Division)
Koshiji Branch	0258-92-5011	(Citizens' Affairs and Service Division)
Mishima Branch	0258-42-2246	(Citizens' Affairs and Service Division)
Yamakoshi Branch	0258-59-2333	(Citizens' Affairs and Service Division)
Oguni Branch	0258-95-5900	(Citizens' Affairs and Service Division)
Washima Branch	0258-74-3113	(Citizens' Affairs and Service Division)
Teradomari Branch	0258-75-3114	(Citizens' Affairs and Service Division)
Tochio Branch	0258-52-5836	(Citizens' Affairs and Service Division)
Yoita Branch	0258-72-3190	(Citizens' Affairs and Service Division)
Kawaguchi Branch	0258-89-3112	(Citizens' Affairs and Service Division)

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