

# Get Ready for a Good Stay in Japan:

Preparing for Your Life in Japan, from ICU Counseling Center

PLEASE READ BELOW CAREFULLY IF YOU ARE CURRENTLY UNDER TREATMENT FOR PSYCHIATRIC OR PSYCHOLOGICAL CONDITIONS IN YOUR HOME COUNTRY. THIS NOTICE WILL HELP YOU PREPARE FOR A TRANSITION TO LIFE IN JAPAN.

## MEDICATION AVAILABILITY IN JAPAN

Medication Import Certification, "Yakkan Shoumei"



Please note that the medication you take in your country may not be available in Japan. You cannot have your medication sent to Japan, because it is against the law to have psychotropic medication shipped by mail from overseas. Please talk to your doctor to plan for a transition of your medication, including how to cope with the initial stress of leaving home and adjusting to the new environment.

If you need to continue the medication you are currently taking to treat psychiatric symptoms, you may need to obtain a certification issued by the Japanese government called "Yakkan Shoumei" before entering Japan so that you can bring the medication with you. It takes time to obtain Yakkan Shoumei, so apply in advance. Please refer to the following sites of Ministry of Health, Labour, and Welfare (<https://www.mhlw.go.jp/english/policy/health-medical/pharmaceuticals/01.html>) as well as Narcotics Control Department (<https://www.ncd.mhlw.go.jp/en/application.html>) for details.

*Mental health and medical systems in Japan are different from that of your home country. It is difficult for you to receive mental health treatment in languages other than Japanese. Psychiatric treatment in English is scarce and could be expensive. Also, psychiatric services at ICU are provided only in Japanese. You will have to communicate on your own in Japanese or find someone who can assist you during your visit with Japanese psychiatrists.*

*ICU can offer information about off-campus mental health resources. But we cannot provide an interpreter for your off-campus medical visits. So, before coming to Japan, tell your current doctor about your study abroad program and discuss your treatment plan in*

## ICU Counseling Center

Office Hours

Mon-Fri

9:30AM-4:30PM

0422-33-3499



At ICU Counseling Center, we provide counseling both in Japanese and English. If you plan to use the counseling services, we strongly advise you to prepare documents that list your past mental health treatment history, including the medications you have taken.

**Email: [icu-counseling@icu.ac.jp](mailto:icu-counseling@icu.ac.jp)**

<https://sites.google.com/info.icu.ac.jp/icucounselingcenter-english/home?authuser=0>

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